



## How Plato and Pythagoras Can Save Your Life: The Ancient Greek Prescription for Health and Happiness

By Nicholas Kardaras PhD

Conari Press. Hardcover. Condition: New. 256 pages. Dimensions: 8.5in. x 5.8in. x 1.1in. University professor, psychotherapist and recovering former nightclub owner Dr. Nicholas Kardaras presents a mind blowing, reality rocking, and life changing approach to Greek philosophy. Having once owned celebrity-studded NY nightclubs where he had mingled with the likes of JFK, Jr. , Uma Thurman and Tom Cruise, Kardaras would emerge from that glamorous-yet-self-destructive world to discover the powerful and transformative teachings of his ancient ancestors. To his amazement, he learned that ancient Greek philosophy, contrary to popular misconceptions, was not a dry and academic pursuit, but a vibrant and holistic transformative practice. In How Plato and Pythagoras Can Save Your Life, Dr. Kardaras breathes new life into those ancient teachings as he incorporates some of the most cutting edge advances in the fields of quantum mechanics and consciousness research to validate the insights and wisdom of the ancient Greek sages. As he guides readers through an array of contemplative practices designed to help them live a more meaningful life, Kardaras warns the reader to be prepared because they just might also catch a glimpse of that trippy realm called Ultimate Reality. This item ships from multiple locations. Your...



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