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Non-Duality Press, United Kingdom, 2014. Paperback. Condition: New. Language: English. Brand New Book ***** Print on Demand *****.No TV, no cell phone, no social media, no family or friends. Just alone in silence for sixty days. Written from a small cabin in the mountains above Santa Cruz, California, Bok s diary recounts his retreat into solitude and his search for a return to the simplicity of pure being. Without distraction, he has no choice but to face whatever comes - whether it s the incessant chatter of the mind, the arising of overwhelming emotions, or the simple observations of running water and birdsong. We say it s Bok s diary, but he draws us in so intimately that these sixty days become our own. Through this intense and immersive process, both for Bok and the reader, a deeper place is found within, a place of stillness and wellbeing. You may be surprised what Bok finds, or more importantly, what he doesn t find. Alexandra Burda s illustrations are a perfect complement to the sparseness, sensitivity and beauty of the text.



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