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Integral Vision: A Very Short Introduction (Paperback)

By Ken Wilber

Shambhala Publications Inc, United States, 2018. Paperback. Condition: New. Reprint. Language: English. Brand new Book. A pop-culture presentation of the Integral Approach from visionary genius Ken Wilber, designed as an easy introduction to his work. What if we attempted to create an all-inclusive map that touches the most important factors from all of the world's great traditions? Using all the known systems and models of human growth--from the ancient sages to the latest breakthroughs in cognitive science--Ken Wilber distills their major components into five simple elements, ones that readers can relate to their own experience right now. With clear explanations, practical exercises, and familiar examples, The Integral Vision invites readers to share in the innovative approach to spiritual growth, business success, and personal relationships. This book has been adapted from the 2009 graphic edition. This book is part of the Shambhala Pocket Library series. The Shambhala Pocket Library is a collection of short, portable teachings from notable figures across religious traditions and classic texts. The covers in this series are rendered by Colorado artist Robert Spellman. The books in this collection distill the wisdom and heart of the work Shambhala Publications has published over 50 years into a compact format...

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