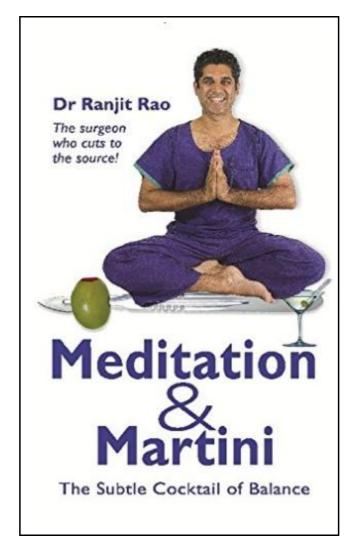
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2016. PaperBack. Book Condition: New. 120 About The Book:- This book is for the individual who is fully living in the hustle and bustle of worldly life. Ifyou have a busy job, a hectic family life with a partner and children, and if you wish to enjoy all the pleasures that life has to offer, but with the balance and inner peace of the Buddha, then this book will offer you some insights. About The Author:- Dr Ranjit Rao is a Surgeon with a difference. He blends western and eastern; modem and ancient; physical and spiritual in a way that is easy to understand and apply to daily life. Meditation & Martini is for those of you who want it all. It's for those who wish to enjoy everything the world has to offer materially, while simultaneously experiencing a full, healthy life of vitality that is spiritually vibrant. If you wish to live the life of a monk or an ascetic, there are plenty of other manuals that you can tum to. Every path has its place and all of them are valid. CONTENTS:- Introduction vii 1 The Dilemma: Life, a Diffi cult Cocktail 1 2 The Material: Martini 15 3 The Spiritual: Meditation 33 4 The Path: Balance 53 5 The Traps: Cravings 73 6 The Cycles: Eternal 87 7 The Cocktail: Joyful Living 101 The Title 'Meditation & Martini: the Subtle Cocktail of Balance written by Dr. Ranjit Rao' was published in the year 2016. The ISBN number 9788121213240 is assigned to the PaperBack version of this title. This book has total of pp. 120 (Pages). The publisher of this title is Gyan Publishing House. This Book is in English. The subject of this book is



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