



A Life in Balance: Nourishing the Four Roots of True Happiness

By Kathleen Hall

AMACOM, 2006. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: "Dr. Kathleen Hall sums up the classical maxim of balance for our own age by delivering her message itself with astute balance in style and content. Here we learn how to incorporate this simple yet profound message made accessible through her clarity. Following her guidance brings balance within each of our grasp." -- John T. Chirban, Ph.D., Th.D., Harvard Medical School, author of True Coming of Age.

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