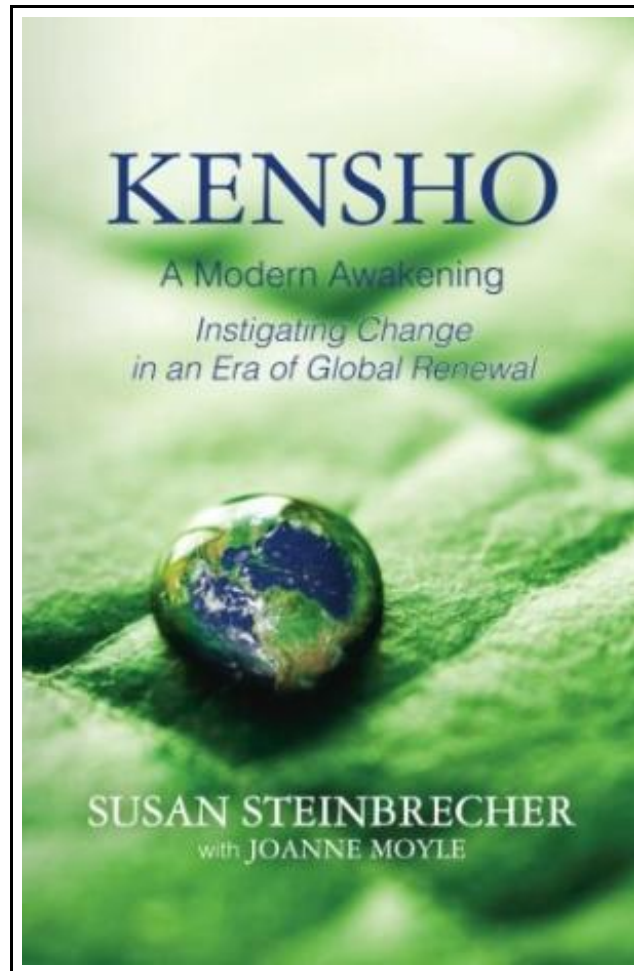


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Createspace, United States, 2011. Paperback. Book Condition: New. 213 x 140 mm. Language: English . Brand New Book. This is an important book at an important time. Waking up to who we are within the world allows us to learn and master strategies that optimize health, and ultimately guide us to our destiny. As a physician and wellness coach, I find the philosophy of Kensho to be a vital tool both in my medical practice and my personal life. I believe in Susan Steinbrecher s work and endorse it completely. -Dr Jim Nicolai, Medical Director, Andrew Weil, MD Integrative Wellness Center at Miraval Change yourself, change your world. KENSHO: A Modern Awakening - Instigating Change in an Era of Global Renewal is a new book by internationally acclaimed businesswoman and leadership consultant Susan Steinbrecher that marks the culmination of her fascinating investigative journey, bringing to light some of the remarkable people, organizations and companies in our midst who are positively impacting our world. Susan set out to discover why so many people across the globe are going through a period of extreme flux. Her research uncovered many timeless truths: often the path to enlightenment comes through a crisis - when our lives are spinning out of control, we finally pay attention! Scholars and masters of Zen Buddhism have described the word Kensho as being the heart of Zen, and it literally means awakening to one s true nature. Inspired by the archetypal message of Kensho, Susan shares what she has learned throughout her career as an executive coach and organizational consultant, that cynicism exists whenever a little dust on our eyes blocks our ability to awaken to what is truly possible within ourselves, hindering us from seeing past our problems and our fears with a brave and open heart. KENSHO:...

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