



The Slacker and the Go-Getter: Unlock Your Higher Nature by Balancing the Two Halves of Your Mind (Paperback)

By Andor Czigeledi

Createspace, United States, 2014. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book ***** Print on Demand *****. We have been trained to focus our minds to get what we want. We have been taught that willpower defines who we become. This is only half the story. In order to find true self-fulfillment, we also need to let go of our carefully-laid plans and open our minds to new creative possibilities. We can train our minds to be both focused (the go-getter mind) and relaxed (the slacker mind) at the same time. The practice of centering the mind - allowing the mind to be intensely concentrated, yet simultaneously open to discovery - grants immediate access to the same mental and spiritual synthesis that produced many of the most notable achievements of humankind - from the creativity of Michelangelo to the spiritual depth of Jesus and the Buddha. Centering the mind, as described in this book, is an orientation towards life that is easily embraced, yet the benefits are limitless - not only the fulfillment of your creative potential, but the discovery of who you truly are.



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Reviews

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