



## Integral Life Practice

*Ken Wilber, Marco Morelli, Terry Patten, Adam Leonard*

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Now there is a way to not just *think* Integrally, but to *embody* an Integral worldview in your everyday life.

Integral Life Practice is not just a new approach to self-development and higher awareness, but a way of making sense of—and making best use of—the existing treasure trove of insights, methods, and practices for cultivating a more enlightened life. It offers a uniquely adaptive approach to awakened living that's suitable for everyone: people with busy careers and families, college students, retirees, even hardcore athletes and yogis. It's geared for devout—and irreverent—people of any religion, or no religion!

This highly flexible system will help you develop your physical health, spiritual awareness, emotional balance, mental clarity, relational joy, and energy level, within a framework that integrates all aspects of your life. Combining original exercises, vivid examples, cutting-edge theory, and illustrative graphics, *Integral Life Practice* is the ultimate handbook for realizing freedom and fullness in the 21st century.

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