



Bridging the I-System: Unifying Spirituality and Behavior

Stanley H. Block

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A practical guide to a new system of psychological health and spiritual transformation. The theory: self-centered thoughts restrict awareness and maintain an agenda of separateness (me vs. the world, vs. others, vs. God) Dr. Block offers clear examples of how behavior rests on the fiction of our separateness from others, and demonstrates concise methods of spiritual and psychological practice which lead to mental and behavior health-and a nondual awareness of reality.

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