

Standing On My Head: Life Lessons In Contradictions - Hugh Prather

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Standing on My Head is intensely personal--and just as intensely universal. In this little volume, Hugh Prather teaches us how to see ourselves--in ways that seem both so true (or right) and normal (or obvious) that we cant believe we didnt see them ourselves. This is a book to dip into when we come unplugged from ourselves and its time to stand on our heads. Standing on My Head moves with quirky profundity from moment to moment, from dictum to doubts, from aphorism and mantra, to mundane recollections of tennis games to offbeat encounters with friends. It takes us into a room where we can, if we listen closely, and maybe tip ourselves upside down once in a while, begin to perceive something different in ourselves and in others. I have to act the way I am before I can become something else. Hugh Prather began this book more than thirty years ago. It was first published as I Touch the Earth, the Earth Touches Me, in 1972. This edition, revisited and radically revised for a new century, marries the wisdom of youth to the wisdom of experience. Author: Prather, Hugh Publisher: Conari Press Illustration: N Language: ENG Title: Standing on My Head: Life Lessons in Contradictions Pages: 00176 (Encrypted EPUB) On Sale: 2003-12-01 SKU-13/ISBN: 9781573249188 Category: Body, Mind & Spirit : Inspiration & Personal Growth Category: Self-Help : Personal Growth - General

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