

Awareness Is Freedom: The Adventure of Psychology and Spirituality

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Awareness Is Freedom: The Adventure of Psychology and Spirituality proposes a unique combination of spiritual and psychological concepts that together lead to greater self-awareness and wellbeing. It is structured as eight lessons, each focusing on different aspects of psychology and spirituality, to support readers in their personal journey of self-growth. The psychological and spiritual theories described in the book are backed up by scientific findings that enhance the legitimacy and power of its message. The book also includes practical exercises which allow the reader to apply the ideas in an enjoyable way that will lead to self-improvement and greater satisfaction in life.

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