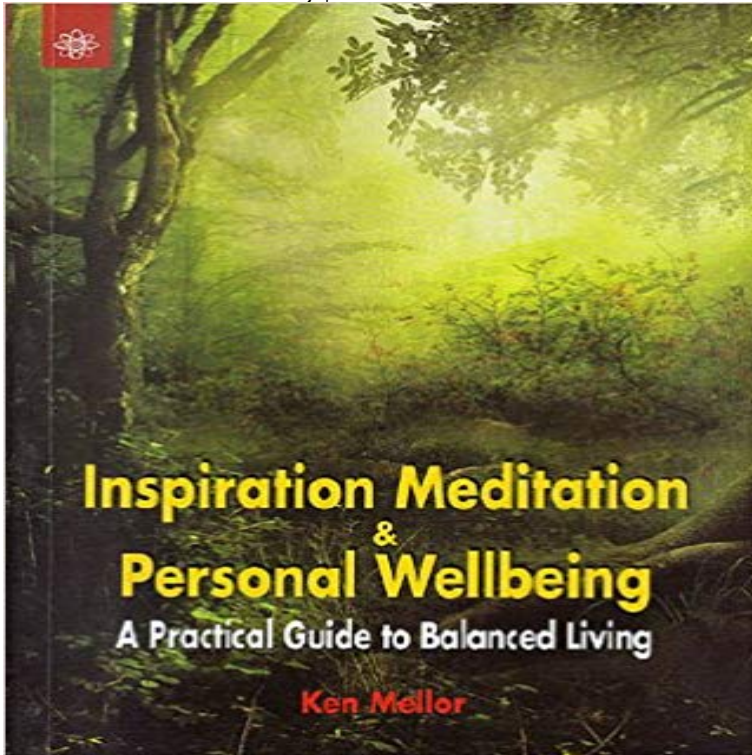


# Inspiration Meditation & Personal Wellbeing: A Practical Guide to Balanced Living



Pages: 230 (22 B/W Illustrations)

About the book  
The book offers ways of integrating various dimensions of everyday living with Life, so that we can benefit from the freedom, meaning and purpose Life offers us all. Inspiration, meditation and personal wellbeing, the three main themes in this book, provide a framework for presenting some of my discoveries. My experience is that inspiration is present in everything: general inspiration that can guide and fulfil our lives, and specific inspirations related to particular events and issues. Also, there are many practical ways of cultivating a full experience of personal wellbeing, and a collection of them is offered here for you to test and hopefully to benefit from. In addition, a group of meditations is presented that can make their own special contributions. These can stand alone, or, like the wellbeing practices, they can be combined with everything else.

About the Author  
Ken Mellor is internationally recognised for his engaging, practical and down-to-earth teaching style, and for the powerful tools he has developed to bring ease and wellbeing into peoples lives. In 1980, he was awarded (with Eric Sigmund) the J Eric Berne Memorial Scientific Award for his work on Discounting and Redefining and in 2010 received an international award designated a Finalist in The Spirituality category of the 2010 Next Generation Indic Book Awards for his book *Urban Mystic: Discovering the transcendent through everyday life*.

Introduction  
Ever since I can remember; I have sought the freedom, openness and clarity that is available to us all As a young child, I somehow had the knack of seeing into or directly knowing the core of people, situations and events. With this inner knowing, I understood, or at least believed that I did, what keeps things as they are and what allows them to change as they can. I also often delighted in finding

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