



Galileo and the Art of Ageing Mindfully: Wisdom from the Night Skies

By Adam Ford

The Ivy Press. Hardback. Book Condition: new. BRAND NEW, Galileo and the Art of Ageing Mindfully: Wisdom from the Night Skies, Adam Ford, Mindfulness is a lifelong exercise and the older we get the more appreciative we can become of the practice. Galileo & The Art of Ageing Mindfully reveals how the father of modern science introduced a new era in our mindful understanding of ourselves and our place in the universe. Adam Ford turns his telescope towards the stars to reveal a natural fusion of science and spirituality and to offer his own perspective on ageing. Questions of deep time and existence, and spiritual insights are shared alongside wise notes to his grandchildren. Add in a constellation of meditative insights, and Adam proves how our existential journey with ageing is the natural opportunity to experience the true benefits of mindfulness.



READ ONLINE
[6.97 MB]

Reviews

If you need to adding benefit, a must buy book. It really is writter in straightforward words and phrases rather than difficult to understand. Your life period is going to be change the instant you total reading this ebook.

-- **Letha Okuneva**

This is an amazing ebook that we have possibly go through. It really is filled with wisdom and knowledge Its been developed in an extremely straightforward way and is particularly merely after i finished reading this ebook where in fact altered me, affect the way in my opinion.

-- **Berta Schmidt**