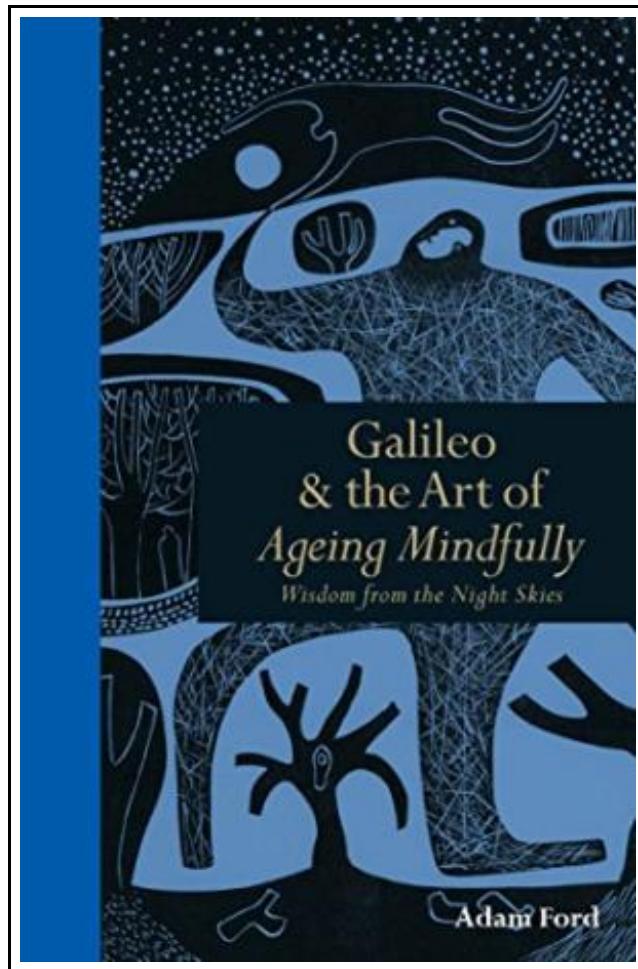


Galileo and the Art of Ageing Mindfully: Wisdom from the Night Skies



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Reviews

The publication is great and fantastic. It is probably the most remarkable book i actually have read through. Its been printed in an exceedingly easy way and it is merely right after i finished reading through this publication where in fact altered me, modify the way i think.
(Tomasa Witting)

GALILEO AND THE ART OF AGEING MINDFULLY: WISDOM FROM THE NIGHT SKIES

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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.

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