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HOW TO LIVE WELL: SECRETS OF USING NEUROSIS



State University of New York Press. Paperback. Condition: New. 148 pages. Dimensions: 9.1in. x 5.8in. x 0.4in. Showing the charm, wisdom, and delicacy of a mature Japanese healer, this book presents useful and very practical techniques for relieving the suffering of neurosis. It explains the fundamental principles of Morita therapy in unadorned language. This is a doubly precious book: it is a unique primary document, showing as it does the charm, wisdom, and delicacy of a mature healer from another culture,...

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- Authored by Takehisa Kora
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Reviews

An incredibly wonderful ebook with lucid and perfect answers. It is written in easy words instead of difficult to understand. It has been printed in an exceptionally easy way in fact it is simply following I finished reading this publication in which really modified me, modify the way I think.

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