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## The wisdom we're born with: Reclaiming perspective in our lives

By Daniel Gottlieb

Sterling Publishing Co Inc. Hardback. Book Condition: new. BRAND NEW, The wisdom we're born with: Reclaiming perspective in our lives, Daniel Gottlieb, This book contains wise counsel on the relationship between what we want and what we have. Gottlieb offers his thoughts on breaking patterns and habits, calming the unquiet mind, living in the moment, the importance of love and much more. What if the things you imagine will make you happy won't? If what you really need is not what you think you need? Daniel Gottlieb (Letters to Sam) has produced an inspirational primer that takes us on an enlightening journey toward a sense of well-being. Gottlieb, who suffered a traumatic injury that left him a quadriplegic over 30 years ago, is uniquely qualified to offer wise counsel on the relationship between what we want and what we have. He offers his thoughts on breaking patterns and habits, calming the unquiet mind, reconnecting with our emotions and our bodies, living in the moment, discovering that ineffable 'something' that defines who we are, and above all, the importance of love.



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