

In Praise of *Living Deeply*

“*Living Deeply* is the accumulated wisdom of many of our greatest living teachers, all adepts in the goal of personal transformation. This is one of the finest collections of gentle, penetrating insights available. Highly recommended.”
— **Larry Dossey, MD**, author of *The Extraordinary Healing Power of Ordinary Things*

“*Living Deeply* provides us with some of the most significant insights into spiritual transformation that I have ever read. Based on interviews with spiritual teachers, leading scientific researchers, religion scholars, important public intellectuals, and major writers, this volume is a remarkable example of an integrative approach to a topic of immense importance. It is marvelous to look through the different windows of transformation that are so richly described and interpreted both spiritually and scientifically. *Living Deeply* is a major accomplishment that will hopefully become a classic in an emerging field. It is truly a brilliant synthesis. I think *Living Deeply* will change lives and change the world for the better.”
— **Stephen G. Post, Ph.D.**, professor of bioethics at Case Western Reserve University School of Medicine

“A brilliant synthesis of science and wisdom from the world's greatest spiritual traditions, both ancient and modern, translated into practical tools for anyone who is seeking more depth and meaning in their life. I highly recommend this book.”
— **Deepak Chopra**, author of *Buddha: A Story of Enlightenment*

“*Living Deeply* is a magnificent invitation to dive below the surface appearances of life and plumb the depths of our shared humanity...and spirituality. Clear, concise, credible, and inspiring it will be a classic in the field of human potential and transformation.”
— **Joan Borysenko, Ph.D.**, author of *Your Soul's Compass: What is Spiritual Guidance?*

“The timely transformation of our thinking, valuing, and living is the key to achieving a more peaceful and sustainable civilization. This book offers a way to achieve this transformation for all the citizens of our stressed and endangered planet.”
— **Ervin Laszlo**, president of the Club of Budapest and author of numerous books, including *Science and the Akashic Field* and *The Chaos Point*