



Quiet Mind, Fearless Heart: The Taoist Path Through Stress and Spirituality

By Brian Luke Seaward

Times Group Books, New Delhi, India, 2009. Softcover. Book Condition: New. First Edition. Quiet Mind, Fearless Heart combines the ageless wisdom of Taoism with the timeless insights of Joseph Campbell, showing readers how to draw on both humanity and divinity and harness the divine potential of the human spirit in order to bring peace to heart and soul. Offering an abundance of advice, exercises, meditations, and inspirational stories, this practical and motivational guide gives readers the skills and incentive they need to cope with stress, embrace spirituality, and bring balance into their lives. Printed Pages: 252.



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