



Mind & Motivation: The Spirit of Success

Lisa Tenzin-Dolma

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MIND & MOTIVATION: THE SPIRIT OF SUCCESS guides you step by step through an enthralling journey to the deepest, most potent aspects of yourself, and encourages you to discover new ways of enriching your life. Each chapter explores a quality that you can tap into and develop, and includes practical exercises aimed at enabling you to understand who you are, what you truly wish for, and how you can achieve this.

Accompanying each chapter are interviews with nine people who are experts in their chosen fields in the arts, sciences and psychology. Peter Russell, Michael Eavis, Willard Wigan, Peter Ulrich, Dr Sam Parnia, Colin Wilson, Dr. Jean Houston, Bryant McGill, and Joanne Harris share their inspirational, motivational and revealing personal stories of how they attained their goals. Their message is that you too can dream large and follow the path that leads to an understanding of your unique gifts and inner purpose.

155 pages

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