



Living In The Supermind

Maurie D. Pressman

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This is almost a how-to as well as a what it s like up there book. The splendors of the mind are revealed when we get into a meditative mode, which means to let ourselves go into easy silence. At that point, we begin to vision (and actually experience) the magnificent vistas of the upper mind and its world. Along the way, there are demonstrations and hints as to how to bring yourself to that place in your journey. After forty years of scientific training and clinical practice, Dr. Pressman has brought forth a book that opens the ceiling for other academicians, scientists and healers who might want to declare their own spiritual base and experiences in the healing arts and sciences. This is a wonderful book, much in the style of Maslow that points to the presence of spiritual activity in releasing human potential, growth and health. It is rich with description of Dr. Pressman s own spiritual experiences, with case histories of others, and a description of how to release the soul from within. This becomes all the more powerful because of Dr. Pressman s considerable academic credentials.

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