



## The Contemplator: Practical Philosophy to Keep Your Mind Clear, Body Light, and Spirit Free

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By Vijay Matthewada

Yampress Books, United States, 2014. Paperback. Book Condition: New. 198 x 135 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.A book of beautiful contemplations to refresh your mind, body, and spirit by making philosophy accessible and useful. Written by a physician who has lived and suffered well. Heart-touching and thought-provoking! Contemplation is a lost art, and chances are, you've completely forgotten how to be alone with your thoughts. Philosopher-physician Vijay Matthewada, MD, provides an accessible and relevant gateway to inner peace and clarity with his new book of aphorisms, *The Contemplator: Practical Philosophy to Keep Your Mind Clear, Body Light, and Spirit Free*. He provides a soothing tool for slowing down and carving a few moments of quiet and calm out of your day. He helps you understand the importance and life-changing benefits of a moment's pause in reflection—whether it's of nature, your soul, God, a personal burden, or a decision big or small. Before you know it, the inclination to step out of the daily grind, and away from the information highway, to stop and think, will become second nature. Ultimately, the goal of deliberation is a better understanding of yourself, your...



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