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By David R. Hawkins M.D. Ph.D.

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Review

A wonderful little book, suitable for anyone wishing to deepen their spiritual understanding. YOGA magazine

About the Author

Sir David R. Hawkins, M.D., Ph.D., is an internationally renowned psychiatrist, consciousness researcher, spiritual lecturer, and mystic. Author of more than eight volumes, including the bestseller *Power vs. Force*, Dr. Hawkins's work has been translated into more than 17 languages. Dr. Hawkins has lectured at Westminster Abbey, the Oxford Forum, the University of Argentina, Notre Dame, Stanford, and Harvard. He has also served as advisor to Catholic, Protestant, and Buddhist monasteries.

Scott Jeffrey is the author of numerous books, including *Creativity Revealed: Discovering the Source of Inspiration*. He is the authorized biographer for Dr. David R. Hawkins.

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