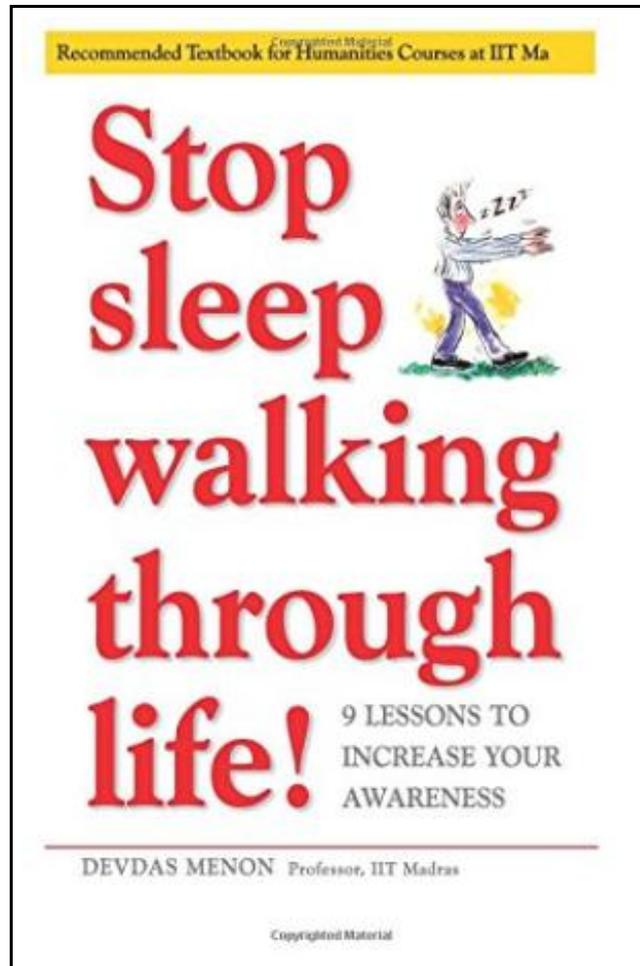


## Stop Sleep Walking Through Life!: 9 Lessons to Increase Your Awareness



Filesize: 2.37 MB

### ***Reviews***

*This ebook is very gripping and fascinating. Sure, it is engage in, nevertheless an amazing and interesting literature. It is extremely difficult to leave it before concluding, once you begin to read the book.*

*(Ms. Ora Buckridge)*

## STOP SLEEP WALKING THROUGH LIFE!: 9 LESSONS TO INCREASE YOUR AWARENESS



Yogi Impressions Books Pvt. Ltd., Mumbai, India, 2015. Softcover. Book Condition: New. First Edition. What happens when your big dreams get fulfilled? Do you attain an enduring state of fulfilment? Are you then able to live happily ever after? Or, is there something vital missing that you need to address now?"When I pose these questions to the students at IIT, they feel uncomfortable," says Dr. Menon. "The majority are too heavily programmed," he adds. "There appears to be too much at stake in the rat race of life and it takes considerable courage, even just to pause and reflect, especially when one has traveled far and got ahead in the race. There is little in their education to persuade them to think otherwise." "Is this the best our education can offer today?" asks Dr. Menon. "Are we not completely evading certain key issues in life? Are we not leaving the young generations magnificently unprepared, for the long littleness of life?" Drawing inspiration from various spiritual traditions, Dr. Menon guides the reader through nine graded chapters to the full meaning of awareness. He establishes that awakening and continual awareness of ones ego-self not only bring freedom from mind-made suffering, but also enhance the quality of ones work and ones life. Printed Pages: 120.



[Read Stop Sleep Walking Through Life!: 9 Lessons to Increase Your Awareness Online](#)



[Download PDF Stop Sleep Walking Through Life!: 9 Lessons to Increase Your Awareness](#)

## You May Also Like

---



### **Love My Enemy**

Andersen, UK, 2004. Softcover. Book Condition: New. First Edition. Available Now. Book Description: Zee (short for Zara) lives in a quiet suburb of Belfast, with an apparently idyllic family life. But Zee's father was shot...

[Read ePub »](#)

---



### **TJ new concept of the Preschool Quality Education Engineering: new happy learning young children (3-5 years old) daily learning book Intermediate (2) (Chinese Edition)**

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2005-09-01 Publisher: Chinese children before making Reading: All books are the...

[Read ePub »](#)

---



### **TJ new concept of the Preschool Quality Education Engineering the daily learning book of: new happy learning young children (3-5 years) Intermediate (3)(Chinese Edition)**

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2005-09-01 Publisher: Chinese children before making Reading: All books are the...

[Read ePub »](#)

---



### **History of the Town of Sutton Massachusetts from 1704 to 1876 (Paperback)**

Createspace, United States, 2015. Paperback. Book Condition: New. annotated edition. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This version of the History of the Town of Sutton Massachusetts...

[Read ePub »](#)

---



### **TJ new concept of the Preschool Quality Education Engineering the daily learning book of: new happy learning young children (2-4 years old) in small classes (3)(Chinese Edition)**

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2005-09-01 Publisher: Chinese children before making Reading: All books are the...

[Read ePub »](#)



**Talking Digital: A Parent s Guide for Teaching Kids to Share Smart and Stay Safe Online (Paperback)**

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. It is time for the digital talk. Today, kids are growing up in a wired world. Their

[Read eBook »](#)



**Studyguide for Preschool Appropriate Practices by Janice J. Beaty ISBN: 9781428304482**

2011. Softcover. Book Condition: New. 3rd. 8.25 x 11 in. Never HIGHLIGHT a Book Again! Includes all testable terms, concepts, persons, places, and events. Cram101 Just the FACTS101 studyguides gives all of the outlines, highlights,

[Read eBook »](#)



**Found around the world : pay attention to safety(Chinese Edition)**

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2013-04-01 Pages: 24 Publisher: Popular Science Press How to ensure online

[Read eBook »](#)



**I Am Reading: Nurturing Young Children s Meaning Making and Joyful Engagement with Any Book (Paperback)**

Heinemann Educational Books, United States, 2015. Paperback. Book Condition: New. 234 x 185 mm. Language: English . Brand New Book. It s vital that we support young children s reading in ways that nurture healthy

[Read eBook »](#)



**Big Book of German Words**

Usborne Publishing Ltd. Book Condition: New. Suitable for young language learners, this book includes over a thousand words of basic German vocabulary. A picture associated with each word aids learning, there is a bilingual word

[Read eBook »](#)