

What a gem of a book by Hans Steiner, who is a preeminent doctor in the best sense of the word: a teacher, mentor and physician. In this exciting book, Hans Steiner takes the reader on a journey of self-exploration through a series of mind expanding exercises. Bringing neuroscience and depth psychology together, Hans Steiner helps the reader discover hidden aspects of themselves, broadening their resilience and creativity. Join the host of Stanford students who, over many years, have benefitted from this remarkable course.

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