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The Self Improvement Show Archives Available July 7th 2011: The Art of Flourishing

In more than thirty years of studying, practicing, and teaching Eastern meditative and Western psychotherapeutic disciplines, Dr Rubin discovered that combining both paths is profoundly more effective than following one alone. In The Art of Flourishing, he has integrated meditative, psychotherapeutic and yogic practices to show readers how to thrive and live well, even in times of upheaval. With an easy-to-follow, accessible strategy, The Art of Flourishing gives readers the tools to resolve the challenges that interfere with achieving enduring fulfillment within themselves and their relations

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