

Yoga for the Mind: A New Ethic for Thinking and Being & Meridians of Thought (2014 Living Now Book Award Winner) (Subway Line)

Michael Eskin, Kathrin Stengel



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Yoga for the Mind is Slow Thought for a Fast Life. We are constituted to think and reflect, to query and question, to seek answers and not stop at the answers we find, pushing further and further on our quest for meaning and insight into the big and the small, into first things and last. In other words, we are *philosophical* creatures. How, then, can we achieve more satisfying, rich, creative, and fulfilled lives as creatures of thought and reflection, as fundamentally *philosophical* beings? This question lies at the heart of YOGA FOR THE MIND an intensely fruitful and enriching *philosophical* supplement to the daily diet of existence.

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