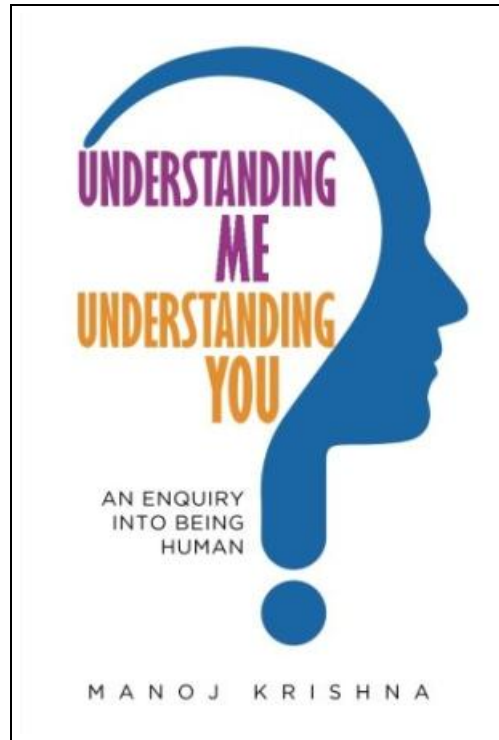


## Understanding Me, Understanding You: An Enquiry Into Being Human



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Clartree Press. Paperback. Condition: New. 288 pages. Dimensions: 9.0in. x 6.0in. x 0.6in. Understanding ourselves and the way our mind works brings wisdom, compassion and a sense of inner peace, and prepares us to meet lifes many challenges. Understanding ourselves also helps us to understand others and that brings harmony to our relationships, which is essential if we want to be happy and successful in life. Unfortunately we do not know how to look within. Throughout our education we are taught about the world around us but not about our inner spaces, and how our minds work. The book Understanding me, Understanding You, provides an easy framework in which everyone can begin their own journey of self-enquiry, ask questions and discover for themselves the richness of understanding that can transform our lives for the better. If we can find our own sense of peace within us, it can contribute to a more peaceful world. Just as different computers have different contents in their memory, but share the same operating system, we all have different experiences stored in our memory, which we think makes us unique, but the human mind works in the same way in all of us, hidden from view. The aim of the book is to explore the many hidden ways in which our mind works in the background, from behind the screen of our awareness, directing our thoughts and actions. It does that over 26 chapters exploring inner landscapes that are common to all human beings: like the art of listening, the mechanism of comparison, our conditioning, the nature of fear and desire and how they influence our behaviour, our many psychological needs and how they affect our relationships, the human struggle to find love, our many beliefs which bring us comfort but also divide us, our loneliness,...



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