



Meditation & Martini : the Subtle Cocktail of Balance

By Dr. Ranjit Rao

2016. PaperBack. Book Condition: New. 120 About The Book:- This book is for the individual who is fully living in the hustle and bustle of worldly life. If you have a busy job, a hectic family life with a partner and children, and if you wish to enjoy all the pleasures that life has to offer, but with the balance and inner peace of the Buddha, then this book will offer you some insights. About The Author:- Dr Ranjit Rao is a Surgeon with a difference. He blends western and eastern; modern and ancient; physical and spiritual in a way that is easy to understand and apply to daily life. Meditation & Martini is for those of you who want it all. It's for those who wish to enjoy everything the world has to offer materially, while simultaneously experiencing a full, healthy life of vitality that is spiritually vibrant. If you wish to live the life of a monk or an ascetic, there are plenty of other manuals that you can turn to. Every path has its place and all of them are valid. CONTENTS:- Introduction vii 1 The Dilemma: Life, a Difficult Cocktail 1 2 The Material: Martini 15 3...

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