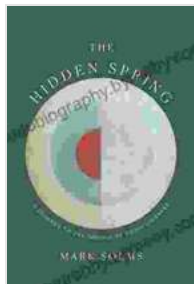


# Journey to the Source of Consciousness: Unlocking the Secrets of Your Mind



## The Hidden Spring: A Journey to the Source of Consciousness by Mark Solms

★★★★☆ 4.5 out of 5

Language : English  
File size : 6504 KB  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
X-Ray : Enabled  
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Print length : 432 pages  
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*Journey to the Source of Consciousness* is a must-read for anyone who is interested in the nature of consciousness. It is a book that will change your understanding of yourself and the world around you.

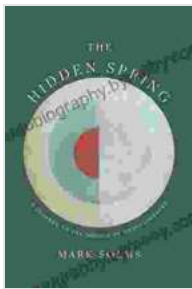
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- The different theories about where consciousness comes from
- The latest scientific research on consciousness
- Practical exercises and techniques for accessing the deeper levels of your consciousness
- How to improve your focus, creativity, and problem-solving skills
- How to reduce stress, anxiety, and depression

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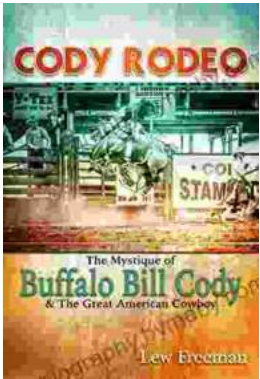
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