



# The Art of Living Consciously: The Power of Awareness to Transform Everyday Life

*Nathaniel Branden*

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***The Art of Living Consciously Is an Operating Manual for Our Basic Tool of Survival***

In *The Art of Living Consciously*, Dr. Nathaniel Branden, our foremost authority on self-esteem, takes us into new territory, exploring the actions of our minds when they are operating as our life and well-being require -- and also when they are not. No other book illuminates so clearly what true mindfulness means:

- \* **In the workplace**
- \* **In the arena of romantic love**
- \* **In child-rearing**
- \* **In the pursuit of personal development**

Today we are exposed to an unprecedented amount of information and an unprecedented number of opinions about every conceivable aspect of life. We are thrown on our own resources as never before -- and we have nothing to protect us but the clarity of our thinking. In *The Art of Living Consciously*, Branden gives us the tools with which to draw out the best within us.

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