



60 seconds to mind expansion

Harold Cook

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Sharpen your five senses -- Heighten your awareness -- Eliminate boredom -- Get rid of tension -- "Without drugs, without dogma, without magic or mysticism", you can live a sensuous, relaxed, and productive life. What do you do with the moments in between? The seconds, the minutes, and occasionally the hours, of waiting and nothingness: Those pieces of time spent waiting for a train, bus, or standing in a cashier's line -- the restless moments that all of us have before the waiter brings the menu, or while that gas tank is being filled? Unlikely as it seems, such moments can be the most creative and productive times of the day. In over fifty provocative exercises, Harold Cook and Joel Davitz, two psychologists, show you how to open up -- to experience joy, sensation, and newness where it never existed for you before: to focus-to concentrate and block out distractions to work and pleasure; to relax-to get rid of stress and anxiety, to hang loose without falling apart. Moving from sixty-second warm-up exercises on heightening the senses, to three-minute ones that help you think in new ways about yourself, other people, and your environment, to ten- to twenty-minute exercises designed to remove emotional, intellectual, and physical barriers, the authors help you learn to feel again, see again taste again; to enhance your perceptions, shape your own consciousness-in short, to experience life fully!

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