



The Passionate Mind: A Manual for Living Creatively with One's Self

Joel Kramer

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In *The Passionate Mind*, Joel Kramer asserts that "what we believe determines much of what we think and do: the way we move, the way we respond to people, how we think of ourselves, how we see the world in general." His basic message, stated in short, clear prose, is that passion is to be found only in the present moment, and mainly through becoming aware of the thoughts flowing through our minds, and through the primal process of observing our thoughts, they begin to self-correct. From the author of *The Guru Papers*, *The Passionate Mind* is a wonderful journey for anyone seeking to discover how to look at oneself.

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