



Art of Living: Timeless Wisdom Is in Healthy and Joyful Mind, Body, Spirit

Tadeusz Nowicki

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We all desire a good and balanced life full of freedom, wellness, and fulfillment. But how do we acquire understanding and the timeless wisdom needed to help us attain that goal?

Tadeusz Nowicki is a thoughtful truth-seeker who has made it his passion to study life and share his extraordinary findings with the world. In a fascinating study of life's conditions and human nature, Nowicki shares his perspectives on ancient and modern wisdom, the purpose and secrets of life, the processes of the mind, unhealthy lifestyle habits, eco-sustainability issues, and the future of humanity in an effort to help inquisitive thinkers find order and meaning in their own lives. Included are introspective questions that prompt reflection, carefully researched facts, and valuable resources that will help anyone find contentment and inspiration while on their own unique journeys through life.

Art of Living shares wisdom that encourages others to embrace the essence of human nature and become open-minded travelers passionate about finding their own truths.

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