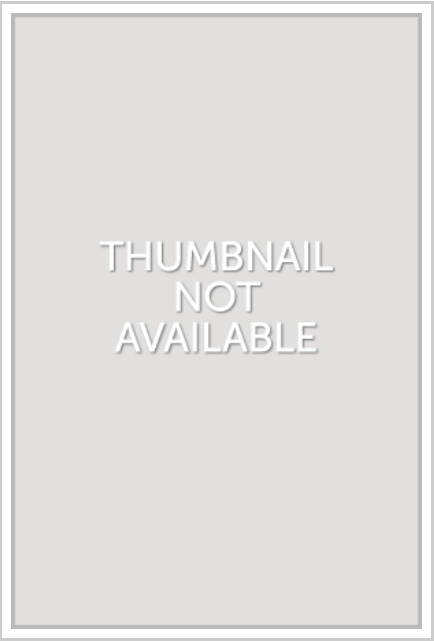



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# Enlightenment for Beginners (Paperback)

By Matt Blythe

Inner Vision Press, United Kingdom, 2011. Paperback. Book Condition: New. 2nd edition. 228 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.Twenty years ago a series of life changing events led Matt to write Enlightenment for Beginners which became the basis for forming his own company Inner Vision and were the beginnings of his enlightenment. At the age of 21, as a way of trying to heal his own trauma and psychology, Matt began taking notes which would later be typed up into the manuscript and published into the book you are reading today. The second edition of Enlightenment for Beginners was created to be able to purchase the title at cost for distribution at workshops and book signings. The cover art is a collaboration between Matt, Laura (the photographer), her three daughters and friend Noor, and Noor s friend s dog Sandy all of whom are pictured in silhouette! In some sense this is a family portrait, as Matt says this picture depicts his mother figuratively standing on the shores of the mainland UK with her dog Todd whilst looking over to the Island where Matt lives. Apart from the cover and some minor...

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### Reviews

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