

Precision Nirvana

Deane H. Shapiro, Jr.



Revolutionary and unique, this manual for the care and maintenance of the human mind teaches you how to take charge of your own life. It is the first practical self-help guide to blend the spiritual disciplines of the East with the self-management skills of the West.

On the one hand, *Precision Nirvana* teaches you to use the ways of Zen and other age-old disciplines to develop qualities of receptive flexibility and calm centeredness, regardless of the circumstances life presents. On the other hand, the book teaches Western techniques, derived from social learning theory, to identify and alter ingrained behavior patterns that are self-defeating and self-limiting. You learn to isolate and decrease sources of unpleasantness and unhappiness in your life, such as depression, anxiety, loneliness, or a lack of self-esteem.

Finally, the book spells out specific theoretical and applied ways of combining skills from East and West into a system that can help you create a secure central core that is at once assertive and tranquil, achieving and accepting. Dr. Shapiro provides step-by-step instructions to help you reach this important balance in your personal relationships as well as in the social and business worlds.

With practical, workable alternatives for choosing who you want to become and how you want to get there, *Precision Nirvana* can help you experience life with more intensity than ever before.

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