



No Boundary: Eastern and Western Approaches to Personal Growth

By Ken Wilber

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A simple yet comprehensive guide to the types of psychologies and therapies available from Eastern and Western sources. Each chapter includes a specific exercise designed to help the reader understand the nature and practice of the specific therapies. Wilber presents an easy-to-use map of human consciousness against which the various therapies are introduced and explained. This edition includes a new preface.

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Review

"Ken Wilber is one of the most important pioneers in the field of consciousness in this century."—Deepak Chopra

"The most sensible, comprehensive book on consciousness since William James."—Dr. James Fadiman, President, Association for Transpersonal Psychology

"*No Boundary* does for this generation what Alan Watts' writings did for an earlier one. It brings the most difficult subject of all—nature of consciousness—into an easily grasped presentation that is both elegant and simple."—John White, editor of *Kundalini, Evolution, and Enlightenment*

From the Inside Flap

A new, easy-to-grasp map of human consciousness against which the various therapies from both Western and Eastern sources are introduced. Designed to help individuals understand the practice of each therapy.

About the Author

Ken Wilber is the author of over twenty books. He is the founder of Integral Institute, a think-tank for studying integral theory and practice, with outreach through local and online communities such as Integral Education Network, Integral Training, and Integral Spiritual Center.

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