



Doing Nothing: Coming to the End of the Spiritual Search

Steven Harrison

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Doing Nothing is for those who have found themselves religiously following practices that have not fundamentally changed their lives: new therapies, ancient meditations, exotic religions, or old-time religion. It encourages them to find the truths of life through the simple act of stopping the search. What do you do after you've tried everything to find enlightenment or happiness? "Do nothing," writes Steven Harrison. "As it turns out, nothing is a surprisingly active place, but it is here that we discover who and what we are."

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