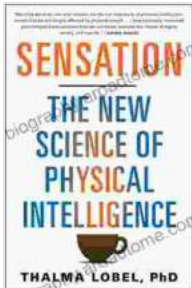


Sensation: The New Science of Physical Intelligence



Sensation: The New Science of Physical Intelligence

by Thalma Lobel

★★★★☆ 4.1 out of 5

Language : English

File size : 2697 KB

Text-to-Speech : Enabled

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 257 pages

Screen Reader : Supported



Sensation is a new book by Thich Nhat Hanh that explores the science of physical intelligence and how we can use it to improve our lives.

Physical intelligence is the ability to understand and use our bodies to our full potential. It includes our ability to move, sense, and feel. When we have physical intelligence, we are more aware of our bodies and how they work. We can use this awareness to improve our posture, reduce stress, and prevent injuries.

Sensation is divided into three parts.

1. The first part introduces the science of physical intelligence.
2. The second part explores how we can use physical intelligence to improve our lives.

3. The third part offers a series of exercises and meditations that can help us develop our physical intelligence.

Sensation is a groundbreaking book that offers a new way of understanding our bodies and how they work. It is a must-read for anyone who wants to improve their physical health and well-being.

Here are some of the benefits of reading Sensation:

- You will learn about the science of physical intelligence.
- You will learn how to use physical intelligence to improve your life.
- You will learn a series of exercises and meditations that can help you develop your physical intelligence.

If you are ready to embark on a journey of self-discovery and transformation, then I encourage you to read Sensation. It is a book that will change your life.

Click here to Free Download your copy of Sensation today!

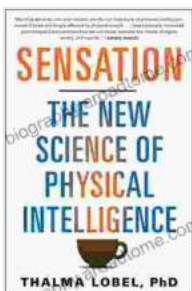
"We think we're so cool and rational, but the hot new study of physical intelligence shows that we are deeply affected by physical stimuli. . . . Internationally renowned psychologist Lobel explains how we can better evaluate the impact of sights, smells, and sounds." —*Library Journal*

SENSATION

THE NEW SCIENCE OF PHYSICAL INTELLIGENCE



THALMA LOBEL, PhD



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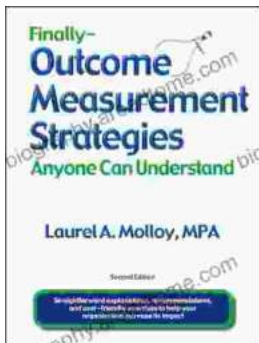
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