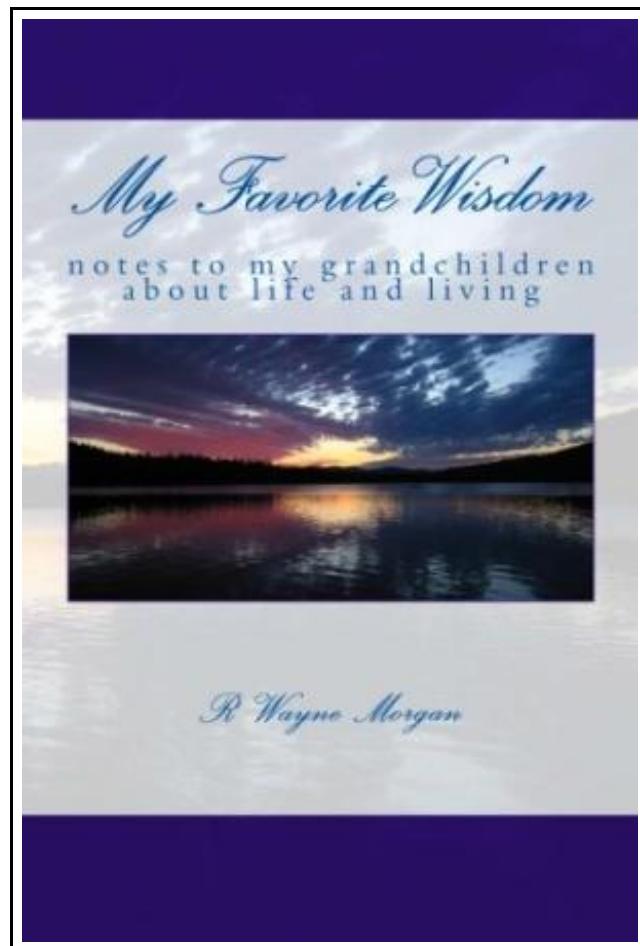


## My Favorite Wisdom notes to my grandchildren about life and living



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Ralph Morgan. Paperback. Book Condition: New. Paperback. 242 pages. Dimensions: 9.0in. x 6.0in. x 0.6in. Engagingly written in the form of personal letters and short essays, My Favorite Wisdom conveys the honesty, humor, and caring of a grandfather who wants to guide his grandchildren to a happier and more satisfying life. This is the instruction manual you wish you had received as a young person. This book contains uplifting wisdom from spiritual teachers such as Jesus and The Dalai Lama, philosophers such as Emerson and Albert Schweitzer, and naturalists such as Thoreau and John Muir. It also samples fundamental discoveries from the sciences of biology, psychology and anthropology. The author uses the great ideas of the past to begin a conversation about the future. He explains how, through the power of choice, each of us can live a more fulfilling life while protecting our planet, reducing violence, and promoting understanding. My Favorite Wisdom tackles some of life's big questions: How did life get started? What makes humans special? Why do we have religion? Can science and religion coexist? Why do we hurt each other? How are we harming our planet? How are all people related? How should I treat others? How do I live a happy and fulfilled life? It also answers curiosity questions like: Why do we eat donuts? Why do teens do stupid things? Why do I get goose bumps? Why does sex feel so good? Why do people get addicted? Why do people act so strangely? Why does my mind have a mind of its own? Grampy Morgan encourages his grandchildren to live a principled life, for their benefit and for the benefit of humankind. He believes that with mindfulness and wisdom, we can tip the scales of human behavior away from our innate tendencies of competition and...



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