

Jean Vaysse, noted Surgeon, metaphysician, and long-time student of G. I. Gurdjieff, has written this book expressly to bring to the general reader G. I. Gurdjieff's unique contribution to the history of thought. Vaysse clarifies much that has seemed obscure as he examines the main concepts of these teachings, several of which have become popular in modern psychology, and illuminated them with examples from everyday life. His book is the first to suggest a practical approach to self-transformation through heightened awareness of bodily sensations, a study of which was central to G. I. Gurdjieff's method. Vaysse's book suggests a means of access to the experience of self-knowledge and knowledge of life which is at the heart of the doctrine of awakening. This clear and concise exposition is the most important work on G. I. Gurdjieff since P. D. Ouspenskys *In Search of the Miraculous* and is destined to bring a wider audience to an appreciation of a great thinker.

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