

[TROUBLE VIEWING?](#) Click Here to view the Promo card on the web

[SIGN-UP NOW!](#) Click to become a Member for Free!



EMPOWERMENT



The Self Improvement Show
Archives Available
July 7th 2011: The Art of Flourishing

In more than thirty years of studying, practicing, and teaching Eastern meditative and Western psychotherapeutic disciplines, Dr Rubin discovered that combining both paths is profoundly more effective than following one alone. In The Art of Flourishing, he has integrated meditative, psychotherapeutic and yogic practices to show readers how to thrive and live well, even in times of upheaval. With an easy-to-follow, accessible strategy, The Art of Flourishing gives readers the tools to resolve the challenges that interfere with achieving enduring fulfillment within themselves and their relations

[Read more](#)



Tune in

Archives Available on
VoiceAmerica Empowerment
Channel

EPISODE ON DEMAND

VIEW HOST PAGE

Share This Episode



Connect with VoiceAmerica

Download our mobile apps



Read what our hosts are writing about.

VOICEAMERICA BLOG