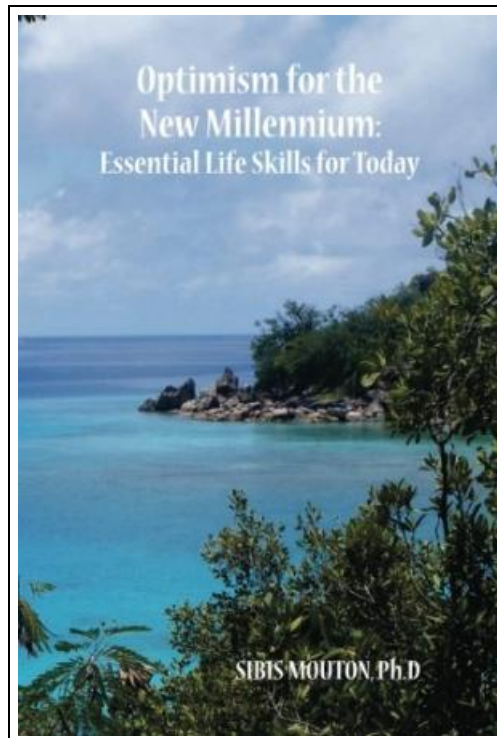


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Sibis Mouton, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.In 2013 and 2014 Dr Sibis Mouton, a mathematics lecturer at the Cape Peninsula University of Technology in Cape Town, South Africa, offered her students a Life Skills Programme. The programme was based on Dr Mouton s own experience as a professional athlete and behavioural kinesiologist, and on her extensive study of spiritual traditions and teachings. The Life Skills Programme combined physical disciplines with self-awareness and skills garnered from spiritual teachers ranging from the Zen Buddhist Thich Nhat Hanh to Sufi Hazrat Inayat Khan and psychiatrist Dr David Hawkins. The results were impressive. Dr Mouton s students left the programme equipped with invaluable personal skills-and vastly improved exercise and nutritional habits. These young people gained a significant advantage in navigating their careers, relationships, and personal growth after graduation. Optimism for the New Millennium summarises the essence of the Life Skills Programme so that you, too, can benefit from the life-changing information and practical support Dr Mouton s students enjoyed.



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