



Flying with Lunatics: Find Your Flow by Letting Go (Paperback)

By James Solomon

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Flying With Lunatics is best described as a survival manual for the emotionally wounded in a co-dependent world. James Solomon combines ideas drawn from philosophy, quantum physics, psychology, twelve-step traditions, mysticism and spirituality with poetry, quotations and his own cartoon illustrations to delve into the recurring sources of emotional dysfunction that afflict our modern lives. Seeking common threads between different traditions, this book weaves a compelling and accessible treatise on challenging and contentious ideas such as free will, forgiveness, guilt, Oneness, the nature of reality and the meaning of God. It concludes by offering FIVE PILLARS FOR PEACE - a simple recipe for living according to the wisdom of millennia that will serve our highest good and alleviate our suffering in this world. The title, FLYING WITH LUNATICS, refers to a powerful metaphor that is revisited throughout the book where the author compares the way we are conditioned by the physical world as we grow, to being students at a flying school at the mercy of instructors ranging from the deranged to the barely competent.



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