



Bright Moments: A Journey in the Human Mind

Adrian Sandvaer

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I know what I have written, but I can never know what you have read. -Adrian Sandvaer This book may work as a guide. It may provoke you; it may even help you change the way you view your surroundings. Last but not least, you may not completely understand what just hit you. If I have accomplished at least one of these things when you close the last page, I have succeeded. Bright Moments gives us an authoritative and compelling look at the most fascinating and complex object known-the human mind. It truly lives up to its title; it is filled with brilliant formulations and thought-triggering philosophies from beginning to end. It explores our consciousness and subconsciousness and brings it all to a new level of understanding, not only providing inspiration but also a thoughtful suggestion on how to apply all this information in your everyday life. Within these pages, one can realize unexpected truths about oneself as well as about others. In short, this book is hard to put away and far too easy to submerge in. Without doubt, a book that will prove useful during artistic struggles and lack of inspiration.

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