



Jean-Claude Lin

**The Alpha and Omega of Life.
On inner growth**

**Das A und O des Lebens.
Vom innerlich werdenden Menschen**

139 p., linen with book-jacket.

ISBN 987-3-7725-2550-6

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What really matters in life?

Chance is always urging you, and you are constantly affected by the events of the day, by work, by your own physical and mental state of mind.

Jean-Claude Lin develops perspectives for a self-determined creative life.

- 50 meditations.
- Sources of self-determination.
- Books for human change.

Jean-Claude Lin, born in London in 1955, first studied Sinology, then Philosophy, Mathematics and History of Science. Since 1986 he has worked for the publishing house Freies Geistesleben, which he has headed since 1991. He is the responsible editor of the life magazine *a tempo*. In 2015 he also took over the overall management of the publishing houses Freies Geistesleben and Urachhaus.

