



# Beauty as a State of Being: Mastering Mind and the Spiritual Path

*Dr. Solomon Katz*

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**2014 Next Generation Indie Book Awards: Winner, Self Help**

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This book is required reading for everyone who has a mind. The mind is a powerful tool capable of great creativity and invention. But, when used improperly, the mind can also become an instrument of suffering. Beauty as a State of Being shows the reader how to use the mind well, so that peace can reign in the individual life and, by extension, the life of the world.

When the mind finds its proper place the heart is revealed and, with the heart, joy. Beauty as a State of Being guides the reader to realms of joy and spiritual illumination, where answers to the great questions of life are also to be found. As the path presented in this book progresses toward the spiritual, the ideas ascend in conceptual and literary beauty, in essays and prose poems that are themselves revelations of the heart.

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