



What Really Matters: Searching for Wisdom in America

Tony Schwartz

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At the height of his career as a journalist, Tony Schwartz hit an unexpected wall. Why did success suddenly feel so empty? How could he add richer meaning to his everyday life? What guides could he trust on the road to wisdom?

During the next five years his search for answers took him from a meditation retreat in the mountains of Utah to a biofeedback laboratory in Kansas, from a peak-performance workshop at a tennis academy in Florida to a right-brain drawing course in Boston. Blending the hunger of a seeker with a journalist's hard-headed inquiry, he discovered the best teachers and techniques for inner development--and identified the potential pitfalls and false gurus he met along the way. What he found dramatically changed his life. It may change yours as well.

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