



# The Arts vol. 1: A Guide to Inner Growth

*Jakob Sverre Løvstad*

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## **The Arts vol. 1: A Guide to Inner Growth** Jakob Sverre Løvstad

Throughout all of human existence, we have tried to understand ourselves and grow as human beings. To this end many traditions of philosophy, spirituality and psychology emerged. They are all pointing to the essentially the same basic concepts. The manual you hold in your hands was created to enable the reader to delve into these fundamental concepts and become more, become wiser. This book lets you take a look at "life between the lines" and perhaps master it to a higher degree. I wrote this while traveling to many strange places and while learning from even stranger mentors. I cannot express the magic and wonder of this incredible journey, but perhaps this book can help you go on your own. Walk with Grace.

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