

The art of stillness : adventures in going nowhere

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Author: [Iyer, Pico](#)
Edition: 1st TED Books hardcover ed.
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Pub Date: 2014
Physical Description: 74 p. : col. ill.
Format: Book
Subject: [Quietude](#)
[Solitude](#)
[Simplicity](#)
[Mind and body](#)
[Spirituality](#)
[Digital communications](#)
[Wellness](#)

Series: TED books
Notes: "A TED original" - Cover.
ISBN: 9781442375840
Call No.: BJ 1496 I97 2014
Location: RIH Library Wellness
Loan Policy: 21 days

The art of stillness : adventures in going nowhere [audio CD]

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Author: [Iyer, Pico](#)
Edition: Unabridged
Place: New York NY
Publisher: Simon & Schuster Audio
Pub Date: 2014
Physical Description: 2 compact discs (ca. 2 hr.) : digital ; 4 3/4 in
Format: Audio
Subject: [Quietude](#)
[Solitude](#)
[Simplicity](#)
[Mind and body](#)
[Spirituality](#)
[Digital communications](#)
[Wellness](#)
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