



The Fourth Way (Book 2) - Self Expansion

Viv Rosser

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This is the second book looking into the fourth way and how we understand ourselves. This book looks at the layers of self. The different parts we play and our public and private self. It explores Gurdjieff's enneagram and the character types and considers ways of exploring your character types or persona. It comes back to self discovery and meditating on your core self for self-realisation.

Viv Rosser the author and Ma Chetan Sarita the illustrator, has spent most of her life exploring spiritual issues and philosophies from various viewpoints. This book is colourful and visual so it is designed for kindle fire and kindle fire apps.

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