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Ralph Lewis

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Alchemists of old sought to change base metals into gold. But it is mental alchemy that brings us the more lasting treasures of happiness and peace of mind. Learn how to transmute your thoughts and ideas into new and useful ways of living.

Your personal would depends upon two major influences-the environment and a correct understanding of your personal existence and purpose in life. The author offers a new perspective, a deeper understanding of the circumstances of our lives that will help you transform your everyday world, giving it a richer and fuller meaning. Included are practical suggestions, constituting the groundwork of mental alchemy, and clear explanations of the metaphysical principles involved, such as:

Applying creativity to improve, enhance, and enrich your environment.
The relationship of body, mind, and soul.
How to really, deeply relax and attune.
What is self-mastery?

Mental Alchemy is the culmination of many years of original thought and is invaluable in its many insights.

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