



# Dieter Huber

## Spirit, Survival Box

Edited by Dieter Huber

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- Spirit is a 'mental survival box' filled with texts, pictures, amusing essays, and insightful examples of great stores of humankind

“People are seekers. The ‘path to giving meaning’ is relevant in order to put aside boundaries and fears, the proven and the worthwhile, and to take a new, personal, and thus true path,” as Dieter Huber says about his new book, *Spirit*. It is a “mental survival box”: Found in it are 24 text-picture elements and, in addition, amusing essays and insightful examples of the great stories of humankind of the past 3,000 years. *Spirit* is an extensive compendium on spirituality, art and intellect, myth, creation, and meditation.

Text in English and German.

