



The Book of No One: Talks and Dialogues on Non-Duality and Liberation

Richard Sylvester

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In this poignant book, humanist psychologist Richard Sylvester provides readers with unique insights regarding life's most difficult question: *Who are we?*

The human mind is compelled to search for meaning. But when we let go of our notion of the self, we are often confronted with the emptiness of the world. However, even in that emptiness, love and purpose can be found. In *The Book of No One*, Richard Sylvester continues to communicate the radical and uncompromising view of non-duality expressed in his first book, *I Hope You Die Soon*. With clarity, humor, and compassion, Sylvester answers many questions about the harsh truths of reality, especially the nature of non-duality, liberation, and enlightenment.

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