

This book is about human life and how to make the most of it. It is about the miracle of consciousness and how body and mind are connected. It is about our inner powers for healing, love and understanding. It is about our body shape and inner structure, how it is made and how it was developed during evolution. It is also about the universe we live in and the natural forces and laws that have made not only us, but all that exists. In the end of our analysis we come to a new understanding of Antonovsky's concept of salutogenesis – existential healing – and meaning of life, as it is experienced as sense of coherence. We understand how consciousness can interfere with body shape and mind, as it can with our immunological defences. We wish you a good journey though this strange and new-thinking book about human development.

From the foreword by professor Daniel TL Shek, Hong Kong: This is an excellent book that gives the readers a new perspective on the nature of consciousness and how the body is connected to the mind.

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