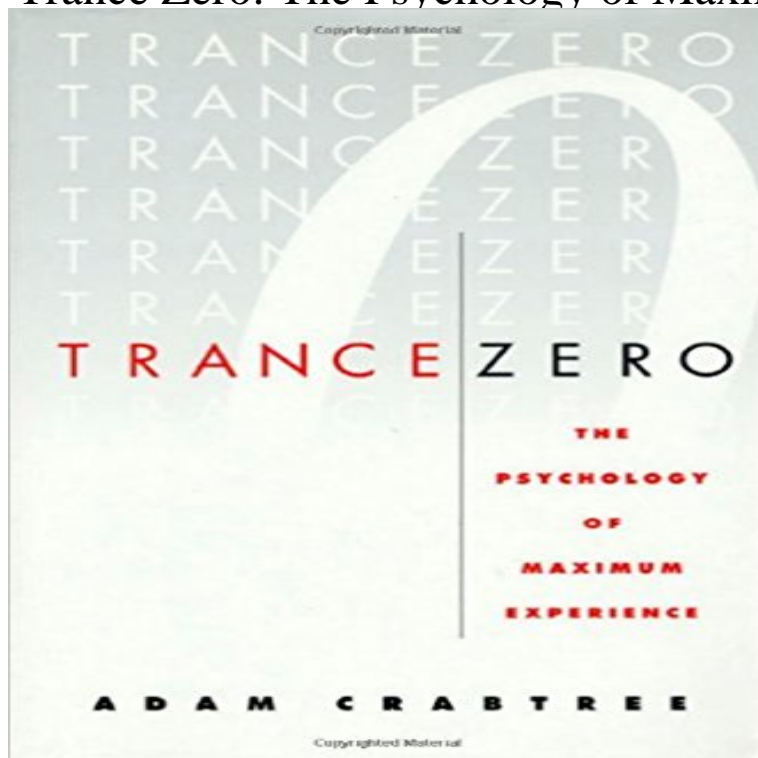


## Trance Zero: The Psychology of Maximum Experience



Trance is a state of narrowed awareness. We go in and out of trances all our lives, enthralled by our inner minds, our relationships, our families, our communities, and our culture at large. Trances are at the root of what is the very best and very worst in human beings. Trance states can trap us in our rigidities, but they can also open the door to creative productivity and personal freedom. In this groundbreaking new book, Adam Crabtree dissects the condition of trance we find ourselves in and suggests ways of being more aware and empowered in our lives. He describes the ultimate aim: to arrive at what he calls Trance Zero--an intuitive state of being in which one is fully awake to the real condition of our existence. This state is nothing less than a new paradigm of personal immanence and is the very essence of optimism. To understand trance is to appreciate the true nature of human experience--both in its potentials and limitations. In times of massive change and confusion, Trance Zero is an essential text for renewing our faith in what it means to be human.

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