



# **The Seven Human Needs: A practical guide to finding harmony and balance in everyday life**

*Gudjon Bergmann*

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Inspired by ancient Indian philosophers, Plato and modern thinkers like Maslow, Wilber and Gardner, the outcome is a new kind of self-development book. Filled with easy-to-implement ideas, combining the needs of health, mind and body all at once in order to create a wholly integrated life. By applying the practical philosophy inside this book, your life can become more creative, more spiritual and more fulfilled. You'll understand how to prioritize your resources and find the kind of balance that improves your life.

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