



Missing Link, The: Reflections on Philosophy and Spirit

By Sydney Banks

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This book illuminates and creates an appreciation for the mystical link between the psycho-logical and spiritual nature of life. It reveals a simplicity beneath the complex workings of the mind and the principles behind the creation of our life experience.

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Editorial Review

About the Author

The late SYDNEY BANKS (1931 - 2009) was a well-known author, philosopher and lecturer. He was born in Scotland but spent most of his adult life in Canada's Gulf Islands. In 1973, Banks came to a profound understanding about the Mind and human consciousness and subsequently developed an approach to this understanding which he called The Three Principles of Mind, Consciousness and Thought. The effect of Banks' revelation was immediate and significant. A growing community of psychologists, educators, doctors and lay people read Banks' books, attended his lectures at universities and health clinics around North America, and began to build therapeutic programs based on the Three Principles. Today a variety of successful programs for resilience training and personal development have evolved from Banks' original work. Banks passed away at his Salt Spring Island home in spring 2009.

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