



# Cinema Nirvana: Enlightenment Lessons from the Movies

*Dean Sluyter*

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## **Cinema Nirvana: Enlightenment Lessons from the Movies** Dean Sluyter

Movie fans and spiritual seekers, unite! In *Cinema Nirvana*, meditation teacher and award-winning film critic Dean Sluyter illuminates the hidden enlightenment teachings of *Casablanca*, *Jaws*, *The Graduate*, *The Godfather*, *Memento*, and ten other classic films, revealing spiritual wisdom in everything from 007's secret weapons to the colors of the Seven Dwarfs' eyes.

So grab your popcorn, sit back, and prepare to have your mind opened. *Cinema Nirvana* is a funny but wise, practical but wildly entertaining guide to finding enlightenment—one movie at a time.

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