



# The Diamond Approach: An Introduction to the Teachings of A. H. Almaas

By John Davis

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The Diamond Approach has been developed and taught over the last twenty-five years by Hameed Ali (known chiefly by his pen name, A. H. Almaas), who is widely recognized as a leader in the integration of spirituality and psychology. This is the first book to introduce the complete spectrum of his teachings to a general audience.

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## **Editorial Review**

### **Review**

"I myself can recommend the Diamond Approach as probably the most balanced of the widely available spiritual psychologies/therapies."—Ken Wilber

"The work of A. H. Almaas places him among the greatest psychologists alive today. His brilliant vision of the human psyche embraces our Being from early development to the highest realms of spirit. From this he then offers a new language and direct approach for awakening to this manifold nature."—Jack Kornfield, author of *A Path with Heart*, coauthor of *Seeking the Heart of Wisdom*

"This is the first book to bring the main ideas of the Diamond Approach together in one place. That makes it an invaluable resource for every serious student of consciousness and psychology. The surprise is that this resource is delectable, a juicy morsel that engages the mind and the heart of the reader. It's at the top of my list for recommended reading this year."—Sherry Ruth Anderson, coauthor of *The Feminine Face of God* and *The Cultural Creatives*

### **About the Author**

John Davis is a senior student of A. H. Almaas and a teacher of the Diamond Approach. He is also a professor of psychology at the Metropolitan State College of Denver and a senior adjunct faculty member at the Naropa Institute.

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