



A River to Live By: THE 12 LIFE PRINCIPLES OF MORITA THERAPY

Dr. Brian Ogawa

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Travel the natural flowing water of A River to Live By to gain a more powerful and holistic lifeway...

Learn the 12 basic life principles of Morita therapy...

Dr. Brian Ogawa shares the most important principles of an internationally practiced therapeutic approach to an optimal life energized with openness, spontaneity, and gratitude.

With a foundation in traditional Eastern philosophy and modern Japanese psychiatry, Morita therapy has proven to be transcultural, timeless, and universal for achieving healthy relationships, productive self-discipline, and personal meaning.

The river analogy has long been a symbol of the movement toward wellbeing. Dr. Ogawa beautifully presents the 12 Morita principles as the dependable currents to a successful life.

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