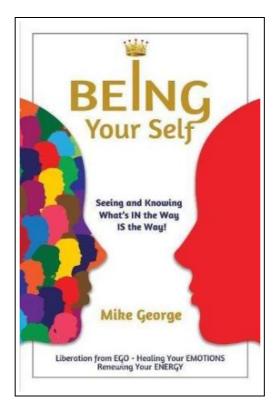
Being Your Self (Paperback)



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Reviews

A top quality ebook and the font used was fascinating to read through. It is writter in easy terms and not confusing. Its been written in an remarkably easy way in fact it is simply after i finished reading through this publication through which actually altered me, alter the way i believe.

(Roberto Block)

BEING YOUR SELF (PAPERBACK)



Gavisus Media, United Kingdom, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. It s not easy to BE your self in a world where almost everyone wants you to be someone else! Even friends and colleagues often want you to be their version of you! We are surrounded and ambushed every day by a thousand images and voices calling us to invest our identity in their product, their brand, their label, their service. It s not surprising we all go through our own personal form of identity crisis . Sometimes it lasts a lifetime! That s why who you think you are, is usually who you are not! Until you truly know your self you cannot be at peace, you will not be able to truly love and authentic happiness will be elusive. Mike George explores and explains: how you can liberate your self from ego, the false you , and rediscover the real you; how to let go of the attachments that are holding you back; why fear, anger and sadness sabotage your happiness so frequently and the ways to liberate your self from this emotional suffering; how to align with the spiritual laws of consciousness, renew your soul energy and be free of stress; how to choose your feelings anywhere and anytime; how to realise and see what s IN the way IS the way. Mike George is an author of several books on how to awaken your awareness of your true self and thereby restore the essence of your being, which is love. He talks inspirationally, teaches deeply and tutors mindfully across the world on topics such as self-awareness, spiritual intelligence, liberating leadership and continuous unlearning. His other recent books include The 7 Myths About LOVE.Actually! and The Immune...



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