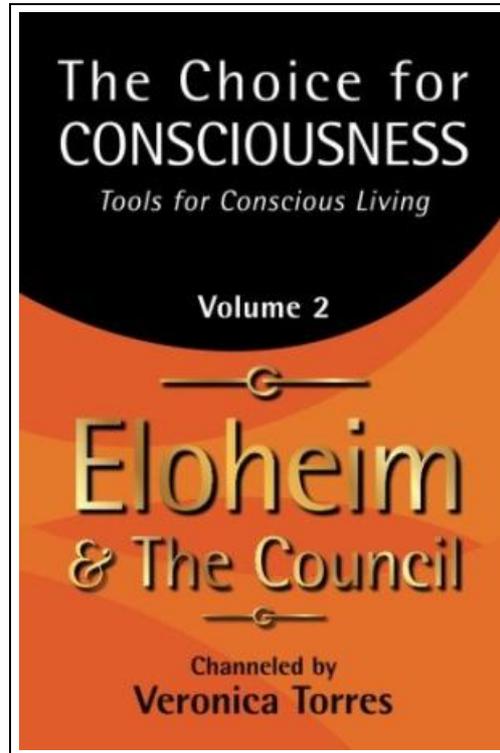


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THE CHOICE FOR CONSCIOUSNESS, TOOLS FOR CONSCIOUS LIVING: VOL. 2



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Rontor Presents, United States, 2012. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****. Through the act of loving yourself, you give the gift of the truth of you to this world. The most powerful way you can be in the world is by loving yourself well and then living your life from that place. The question is: how do you do that? How do you love yourself when faced with overwhelming responsibilities, guilt, and feeling like the world is stacked against you? You love yourself well when you make the choice for consciousness. Consciousness changes the way you view yourself and the way you view your life. Change is rarely easy; yet staying the same offers no relief from suffering. The choice for consciousness is challenging, but familiar suffering is painful--and it's a pain with no end in sight! This book provides step-by-step support to help you release victim mentality; drop baggage and unhealthy habits; and discard fear-based living. It will show you how to live as the creator of your life. This volume contains 16 tools and 137 definitions of terms and concepts to support your journey. The tools can be used in any order and are very powerful when combined with each other. The fear of change and the habit of staying small collaborate to say, No, no, no, don't you dare change because that could be dangerous. Who knows what will happen if you change? That's the moment when you have to take the risk of allowing yourself to walk the truth of you in the world. When you hear the voice that says, No, no, no, I can't be that big. I can't shine my light that much. I can...



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