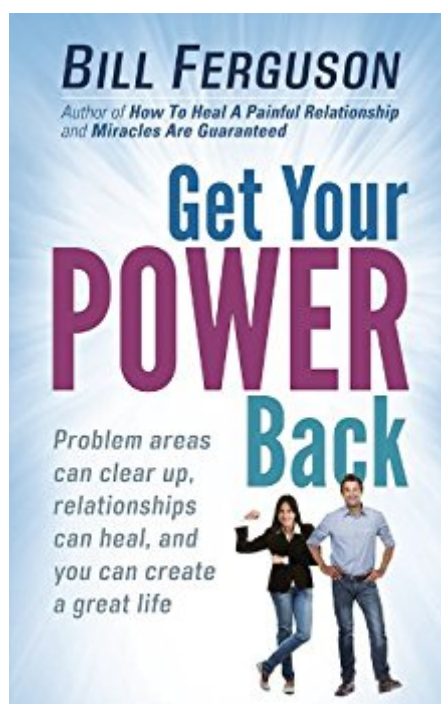


The book was found

Get Your Power Back



Synopsis

Life doesn't just happen. If you have relationship or any area of your life that isn't working, there will always be an underlying condition of resisting or hanging on that is creating the problem. This condition creates a state of fear, upset, and tunnel vision. It takes away your power, destroys your ability to find solutions, and forces you to act in a way that makes your situation worse. This incredibly, profound book walks you through the process of finding and removing this destructive underlying condition. The result is more love, more effectiveness, and a much more enjoyable life.

Book Information

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Customer Reviews

This is the best book I've ever read on conquering your fears....and I've read tons of them. The overriding theme in most books is....feel the fear and do it anyway...get acclimated to them in small degrees. I always thought, "...If I could do what I fear, I wouldn't need a book, now would I ?!" This book is far, far different. Mr. Ferguson does teach you how to do what you fear --- but he shows you first that the real battlefield is within yourself and more importantly, he shows you how to win. Be forewarned, this book requires humility, but if you'll follow him (and yes it will make you feel very

uncomfortable) he'll show you how to stop hiding your faults and weaknesses so that your guard (fear) disappears and you're left with who you really are, honest, authentic and unafraid. I've re-read this book a few times thru and each time my guard comes down more and more. I see so easily how I created my own fear. The word humility doesn't appear in the book (I don't believe) but this man is a master at showing the extraordinary healing power humility brings. This book is not toilsome either. The steps are actually very brief, but very-very deep. It's the deepness and thoroughness of the steps that eliminate the fear. Mr. Ferguson made me realize that nobody was making me afraid...I was afraid because of what I was trying to hide about myself. I also found that my resentment towards certain people was no mystery at all --- I was simply afraid that my weaknesses might come to light so I felt extremely threatened. He showed me how to face the dragon head-on (and yes, I hated it, but your willingness to face the dragon is what gets you unstuck) and I was willing to deliberately "wallow" in those feelings and stay in them a while.

Have you ever felt that Life is a drag, that everything is in place to torture and suck out of you all that is alive? That moments of joyful gladness are too few and far between to warrant the kind of suffering and hurt that most of us have to live with? That the idea of consciousness as a valuable gift from the Creator was a myth created by misguided and credulous souls whose intelligence is questionable? If you answered yes to any of these questions, you should find this handbook on how to get your power back, a valuable addition to your bookshelf or computer. Skillfully written, with simple, easy to follow directives, it unveils profound wisdom that can be used to engineer drastic shifts in consciousness in a relatively short period of time. This book is based on the well known premise that it is we who are ultimately responsible for creating our reality, and therefore, can be instrumental in changing it. This can be done by making a judicious choice of deciding to be either the "cause" or the "effect" of a given situation. When we choose to be the latter (effect), we are at the mercy of the aforesaid situation. Many times, in this so-called "victim" mode, we also resist the situation, making everything even worse for ourselves (There is a saying, "what we resist, persists"). On the other hand, if we choose to see ourselves as the "cause" of the very same situation, we can take steps to change it and thus redeem our power. Most of us understand these concepts intellectually. However, it is at the emotional level that most of the psychic work needs to be done. A good many of our actions are based on decisions that are triggered by childhood memories of hurt, criticism or abandonment.

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