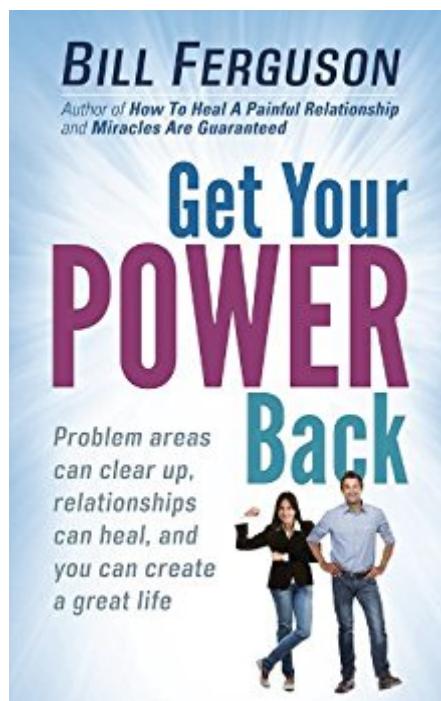


The book was found

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

File Size: 311 KB

Print Length: 126 pages

Simultaneous Device Usage: Unlimited

Publisher: Return To The Heart (October 15, 2008)

Publication Date: October 15, 2008

Sold by: Digital Services LLC

Language: English

ASIN: B00200K3BO

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #349,335 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #42 in Kindle Store > Kindle eBooks > Nonfiction > Self-Help > Inner Child #47 in Books > Self-Help > Inner Child #173 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology > Mental Health > Codependency

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.

[Download to continue reading...](#)

The 5 Phases to Get Your Ex Back: Where You Are Now and Where You Need to Go to Get Your

Ex Back Get Your Ex BACK in 30 Days or Less! The Complete Step By Step Plan to Get Your Ex Back for Good Get Your Ex Back: The 4 Things Your Ex Needs You to Do to Get Back Together How to Get Your Ex Back Fast! Toy with the Male Psyche and Get Him Back with Skills only a Dating Coach Knows (Relationship and Dating Advice for Women Book 4) How to Get Your Ex Back Fast: Toy with the Male Psyche and Get Him Back with Skills Only a Dating Coach Knows Power Training: For Combat, MMA, Boxing, Wrestling, Martial Arts, and Self-Defense: How to Develop Knockout Punching Power, Kicking Power, Grappling Power, and Ground Fighting Power How To Get Out Of Back, Pain Insider Secrets To Back Pain Relief, Engage Your M How To Stop Enabling Your Adult Children: Practical steps to use boundaries and get your power back as you stop enabling (Empowering Change Book 1) How To Stop Enabling Your Adult Children: Practical steps to use boundaries and get your power back as you stop enabling (Empowering Change) (Volume 1) Natural Back Pain Solutions: Relieve Back Pain Fast, Heal a Herniated Disc, and Avoid Back Surgery Take Back Your Life!: Using Microsoft Outlook to Get Organized and Stay Organized: Using Microsoft(r) Outlook(r) to Get Organized and Stay Organized (Bpg-Other) Get Your Power Back How to Get Abs: More Fantastic Exercises That Will Help You Flatten Your Stomach and Reveal Those Sexy Abs (Health, Flat Abs, How to Get Abs, How to Get Abs Fast Book 2) Organize Your Home in Five Days: Easy Hacks to Declutter Your Space, Create a Positive Environment & Get Inspiration Back to Your Life (UPDATED AND EXPANDED!) (DIY Hacks & Home Organization) Heal Your Aching Back: What a Harvard Doctor Wants You to Know About Finding Relief and Keeping Your Back Strong (Harvard Medical School Guides) Ignore the Guy, Get the Guy: The Art of No Contact: A Woman's Survival Guide to Mastering A Breakup and Taking Back Her Power Essays That Will Get You into Medical School (Essays That Will Get You Into...Series) [Second Edition] (Barron's Essays That Will Get You Into Medical School) Get Your Ex to Open Up: Conversational Skills for Getting Back Together and Saving Your Relationship What Really Went Wrong: How the Hidden Forces Behind Your Breakup Reveal Exactly How to Get Your Ex Back The Separation Guide: Know your options, take control, and get your life back (Divorce and Separation Series)

[Dmca](#)