

Book The Untethered Soul

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--Deepak Chopra

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The Untethered Soul-now a New York Times bestseller-offers simple yet profound answers to these questions. Whether this is your first exploration of inner space, or you've devoted your life to the inward journey, this book will transform your relationship with yourself and the world around you. You'll discover what you can do to put an end to the habitual thoughts and emotions that limit your consciousness.

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The Untethered Soul, spiritual teacher Michael Singer explores the question of who we are and arrives at the conclusion that our identity is to be found in our consciousness, the fact of our ability to observe ourselves, and the world around us. By tapping into traditions of meditation and mindfulness, Singer shows how the development of consciousness can enable us all to dwell in the present moment and let go of painful thoughts and memories that keep us from achieving happiness and self ...

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"The Untethered Soul" is about the ultimate control: mind control. It reminded a bit of Eleven Rings, where Phil also talks about his meditation practice of letting thoughts come and go. He says after a while, you will realize those thoughts have less power over you. Definitely a book to read and cherish.

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1-Sentence-Summary: The Untethered Soul describes how you can untie your self from your ego, harness your inner energy, expand beyond yourself and float through the river of life instead of blocking or fighting it. Read in: 4 minutes Favorite quote from the author:

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The Untethered Soul is a great gateway to spirituality and written in plain language. I found myself nodding my head often throughout the book. Author Michael Singer uses simple examples and metaphors to make spirituality as clear as possible for the reader.

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The Untethered Soul offers a simple, profoundly intuitive answer to these questions.

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The Untethered Soul: The Journey Beyond Yourself: Book Format: Paperback: Number Of Pages: 200 pages: First Published in: January 1st 2007: Latest Edition: October 3rd 2007: ISBN Number: 9781572245372: Language: English: category: spirituality, non fiction, self help, philosophy, psychology: Formats: ePUB(Android), audible mp3, audiobook and kindle.

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