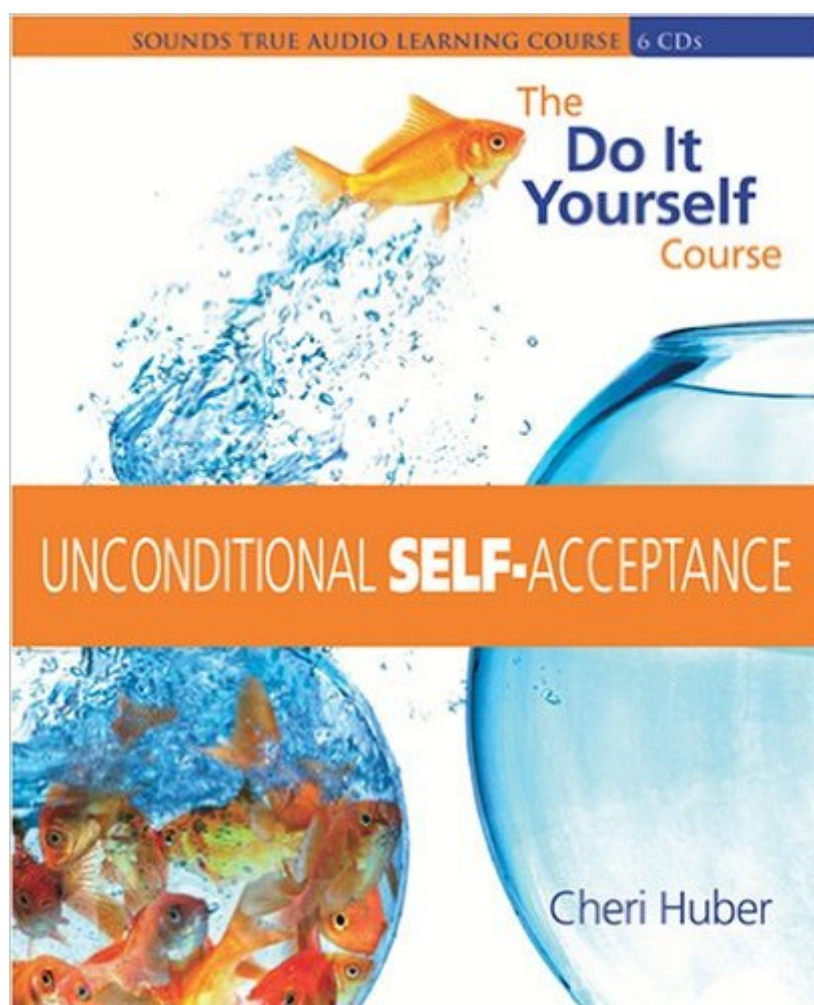


The book was found

Unconditional Self Acceptance



Synopsis

WARNING: THIS COURSE will teach you nothing you don't already know, it asks for all the enthusiasm and attention you can muster, and it's 100 percent guaranteed NOT to improve you at all! So, why have thousands of participants at Cheri Huber's acclaimed retreats returned to their lives with such gratitude and joy? At the heart of so many of our "self-improvement" hopes lies the illusion of self-control, she teaches. Unconditional self-acceptance is very much the opposite: it is revealed in the boundless delight we felt as children before we were "trained" to feel different. It's a natural way of being that, yes, you can absolutely rediscover. That's where Unconditional Self-Acceptance will guide you. Cheri Huber's own path began with a long journey into her emotional storms, through the paths of Zen and other traditions, and finally, into the insights gained from self-inquiry and those of her fellow seekers and students. What evolved was a "do-it-yourself" audio workshop that features an engaging, time-tested sequence of powerful questions and practices for breaking out of old patterns that stop us from perceiving, feeling, and acting with true freedom and fullness. "If selfimprovement actually worked," asks Cheri Huber, "wouldn't it have by now?" With Unconditional Self-Acceptance, you'll be challenged to let go of that burden-one moment, one thought, one observation at a time-as you find your way back to your original nature, a state of unsurpassed spontaneity, creativity, and self-acceptance.

Book Information

Audio CD

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Language: English

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Product Dimensions: 1 x 8.5 x 9.5 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars See all reviews (6 customer reviews)

Best Sellers Rank: #273,388 in Books (See Top 100 in Books) #9 in Books > Books on CD > Religion & Spirituality > Inspiration #186 in Books > Books on CD > Religion & Spirituality > Christianity #254 in Books > Books on CD > Nonfiction

Customer Reviews

"Life is as good as the relationship with yourself." ~Cheri Huber
Cheri Huber's soft warm voice leads you through a number of visualizations which are enlightening in their ability to uncover the real

issues hiding beneath memory and past conflicts. I'm not completely sure this will leave you unchanged because I think it will leave you refreshed and more aware of what you have been harboring inside you all these years. Issues surfaced from the depths of my memory and suddenly I figured out many of the issues I had yet to address that may have been holding me back from fully coming to terms with my own view of myself. Some of the highlights of the program include: Guided imagery to explore your emotions Your childhood conditioning The socialization process Conditioned beliefs Conscious compassionate awareness Awareness Practice Present moment awareness Guided Meditation Reflective listening Discovering your mentor Identifying patterns of behavior As you can see, this CD set covers a wide variety of topics essential to becoming more aware of who you are at the heart of your being. As you learn to identify areas of your own personality, you want to accept some items more fully. You may also decide to let some things go as you forgive, understand or see past occurrences with a new sense of awareness. What lies do you tell yourself? How can you quiet the critic, victim and tyrant inside you? Can you get addicted to negative emotions? Do some people prefer to be angry or sad? Do you want to regain that boundless delight you felt as a child? Do you feel stressed out and need a relaxing retreat?

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