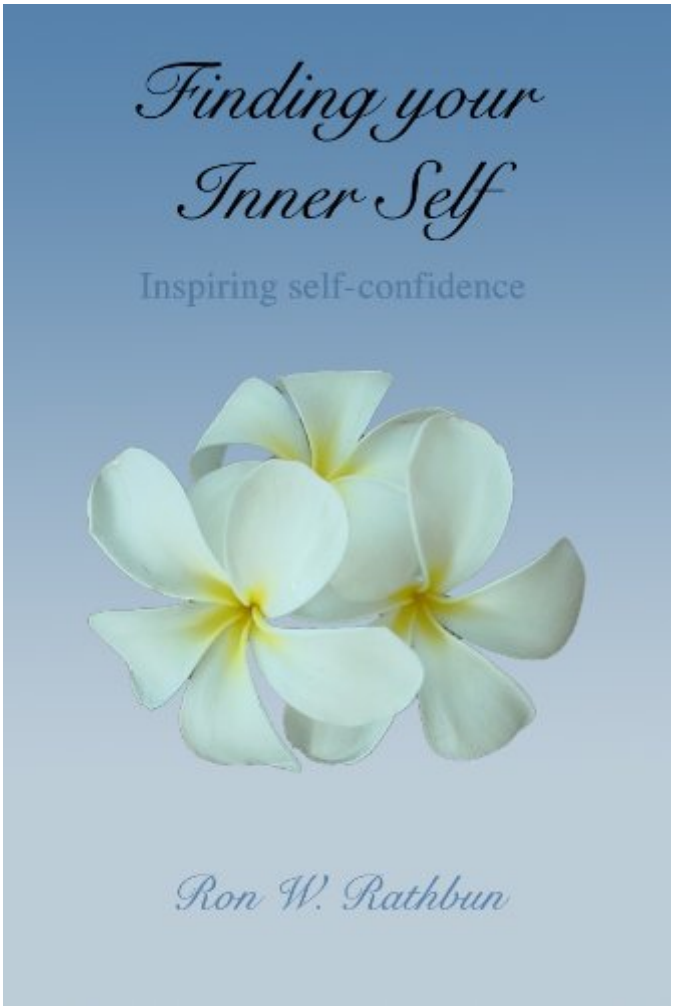
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Finding Your Inner Self: Inspiring Self-confidence



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Synopsis

Finding Your Inner Self is a simple gentle introduction to understanding yourself from your mind. Self-study leads to self-understanding and begins the path of healing past emotional hurt."It is a wise man that listens to his inner self.The outside world can be a beautiful place.But without knowledge of the inside worldone is often lost,aimlessly wandering,looking to a world with very few answers,when standing at one’s feetis the answer."If you are only aware of the outside world, you are only living half of your life. If you take the time to quiet your mind every day, you will learn to find the other half--your inner self. The world inside you is as real as the outside world, but because it is harder to see, hear and understand, many people do not take the time to learn from it.There are two mirrors in life: the physical reflection we see and the spiritual reflection we feel.Understand this and you will never aimlessly wander again.

Book Information

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Customer Reviews

nothing mind blowing in the read but a good book. basicially tells you what you rea in other books but without all the fluff. Like yourself and dont try to be what your not. and you will have inner

happiness.

The aphorism to "know thyself" is inscribed on ancient Egyptian and Greek temples and something about it speaks to me through the eons. However, nothing in my education, be it formal or informal has ever come close to helping me to understand how to actually do it (or even approach it), until I encountered Ron Rathbun’s work.This beautiful, concise gem, presents a simple, yet practical approach unlike anything else I’ve ever encountered. Each little section is only a few paragraphs, but they are infused with such deep concepts, that I find myself sort of holding little bits of it in my heart and allowing it to be absorbed at my own rate. Most of the books I read are comprehended intellectually. I have never had information presented to me in this manner, where it is somehow comprehended differently. What really appeals to me, is that it has a sort of delusion-free purity that can actually be felt.

This book wasn’t what I thought it would be. Not the type I would order again it may help someone else.

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