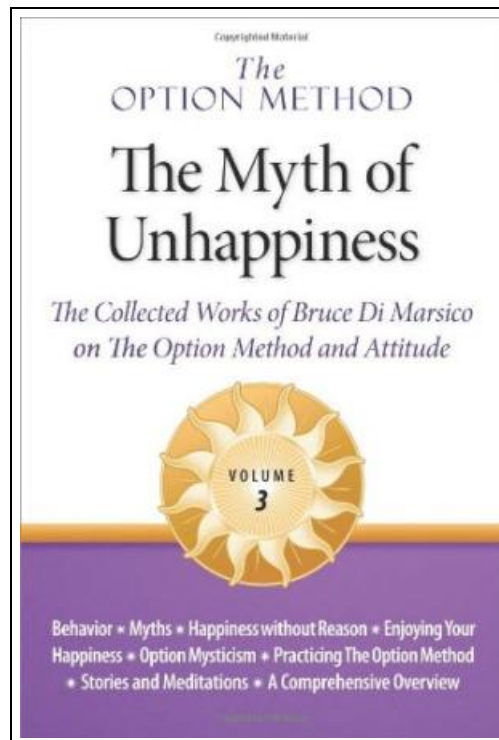


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Dialogues in Self Discovery, United States, 2010. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. The Option Method: The Myth of Unhappiness, Vol. 3 is the third of a three-volume set subtitled The Collected Works of Bruce Di Marsico on the Option Method and Attitude. Following the introductory and intermediate Volumes 1 and 2, Volume 3 delves deeper into the nature of happiness and unhappiness in nine parts: Behavior; Everyday Myths; The Great Myths; Happiness Without Reason; Enjoying Your Happiness; Option Mysticism; Practicing the Option Method; Stories and Meditations; and A Comprehensive Overview. The book focuses on advanced Option Method concepts in 117 chapters such as The Option View of Death; The Meaning of Life; and Happiness Is Now. In this volume Di Marsico gives us an in-depth lesson on the practice of The Option Method and invites us to lovingly question the beliefs behind our unhappiness. As Di Marsico says What I like to teach my students is that attitudes are bodily stances. They re the way we hold ourselves in the world. An attitude is a well-established set or pattern of behavior that reflects a well-established set or pattern of beliefs, because they ve long been believed in and never had any reason to be challenged or questioned. A powerful tool for happiness, The Option Method is based on the premise that happiness is our natural state and all unhappiness is based on the belief that we have to be unhappy. A precursor to new age personal growth and development tools, today The Option Method is practiced the world over. Bruce Di Marsico (1942-1995)left behind a rich legacy of his voluminous writings on the nature of happiness and unhappiness and his blueprint for achieving happiness through The Option Method. Until now, these...

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