



# Saying Yes to Change (Mixed media product)

By Joan Z. Borysenko

Hay House Inc, United States, 2006. Mixed media product. Condition: New. Language: English. Brand New Book. Change is both scary business and an inescapable fact of life - after all, everything is impermanent and eventually passes away. Some changes are natural, like aging through the life cycle, while others are sudden and catastrophic, such as illness, bankruptcy, or the death of a loved one. But just as the earthbound caterpillar liquefies in its cocoon during its mysterious transformation into a butterfly, change is an opportunity to shed the limitations of the lower self and be reborn to the higher self. This book is an inspiring and practical guide to that process, incorporating personal stories, cutting-edge psychological research, and the perennial philosophy of the world's great wisdom traditions. The short, accessible chapters provide you with a practical framework for approaching change as an invitation to empowerment and awakening. Practices focused on moment-by-moment awareness, living in the present, and connecting with a greater flow will help you gracefully navigate transitions more skillfully. The art of living with uncertainty, when the old has passed away and the new hasn t yet been born, is an essential skill central both to the...



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