



Doing the Work: Healing Our Body, Mind Spirit by Getting to Know the Self (Paperback)

By Jill Loree

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Many of us have an inkling that there can be more to life: that more meaningful moments are possible, more satisfying experiences are attainable. Well, we re right. And fortunately, the tools for bringing this about are not really a secret. They re just not obvious. Herein lies the crux of the problem. We must come to realize what we have not been willing or able to see before. When we do this, we ll come to know this truth: we are capable of enjoying life far more abundantly than we currently do. CONTENTS Step, Together, Step The Process Living in a 100-Story House The Setup Building Castles in the Sky Reality I m Totally Fine, I Feel Nothing Numbness Would I Rather be Right or Happy? Duality Praying for a Toehold Truth So You re the Rubber and I m the Glue? Our Work My Favorite F-Word Freezing, Fighting or Fleeing Come Out, Come Out, Wherever You Are Hiding I Spy with My Little Eye Little-L Lower Self What are we Fighting For? Big-L Lower Self Taking the Long Way Home...



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