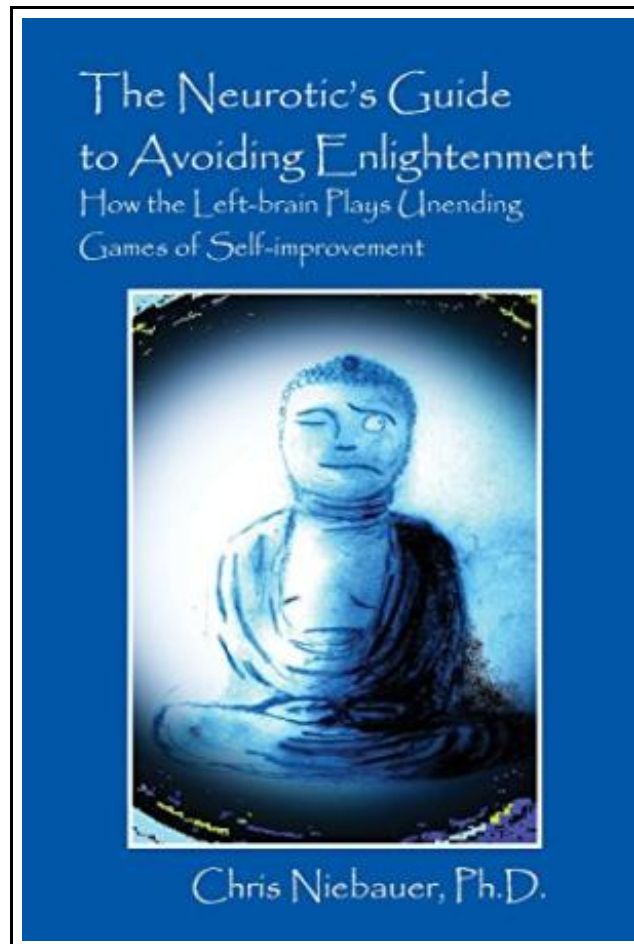


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Outskirts Press, United States, 2014. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.XML transmission cut off book description; please update as below and redistribute: More than ever people are on a quest for self-improvement and enlightenment. People are watching their egos or losing their egos in order to find peace of mind or to get along better with others. And yet, the more we try to lose our ego, the more of it there is to lose. The more we try to make peace, the more we find conflict. It is exactly what happens when we try not to think of the number 3 and that is all we can think about. Our efforts seem to have the opposite effect and this is due to the way the left side of the brain processes information. Neuroscience discovered that the left-brain makes up elaborate stories and convincing explanations. It is the left-brain that makes up the most elaborate and convincing story of all, the story of who you think you are. And the more we try to get out of this story, the deeper we find ourselves in it because it is the function of the left-brain to work on the law of opposition. Try not to be anxious and that s exactly what happens. Try not to worry and you will be flooded with anxious thoughts. And the same is true for self-improvement. The more we try to improve our story, the more the story needs to be improved. The left-brain excels at these games even when it plays by pretending not to play. If I said that all attempts at self-improvement are futile, how would you respond? Would you reflexively think I m wrong? Is there any way...



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