



Working on Yourself Doesn't Work: The 3 Simple Ideas That Will Instantaneously Transform Your Life

Ariel and Shya Kane, Shya Kane, Ariel Kane

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The acclaimed, life-changing book that shows you how to stop "working" on yourself--and start living in the moment

Have you ever wondered what it would feel like to go through your life without stress or self-doubt? To have a real sense of inner peace and fulfillment? Now you can--through the three simple principles in this book. Just as they do in their world-renowned workshops, Ariel and Shya Kane teach a refreshingly natural approach to living that is easy to do yet dramatically transformative. The three simple ideas that form the foundation of their approach are:

1. What you resist persists and grows stronger.
2. You can only be exactly as you are in the moment.
3. Anything you allow to be exactly as it is completes itself.

Once you grasp these three straightforward but enlightened concepts, you can stop "working" on yourself and start living the life you've always wanted--free from your old perceptions, and open to world of possibilities for discovering the ins and outs of who you are.

"*Working on Yourself Doesn't Work* has much to offer to anyone who wants a more meaningful and spiritual life."

--*New York Spirit* magazine

"This may be the most profound and life-transforming book you'll ever read. If you want a life filled with excellence, well-being, and happiness, read this book now!"

--**Marie Forleo**, author of *Make Every Man Want You*

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Janie Williams:

Spent a free time to be fun activity to perform! A lot of people spent their spare time with their family, or their own friends. Usually they doing activity like watching television, planning to beach, or picnic inside the park. They actually doing same thing every week. Do you feel it? Do you need to something different to fill your current free time/ holiday? Could be reading a book can be option to fill your free time/ holiday. The first thing you will ask may be what kinds of reserve that you should read. If you want to attempt look for book, may be the publication untitled Working on Yourself Doesn't Work: The 3 Simple Ideas That Will Instantaneously Transform Your Life can be very good book to read. May be it is usually best activity to you.

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