



# **Rewiring the Soul: Finding the Possible Self: How Your Connection to Yourself Can Make All the Difference**

*Gabriella Kortsch Ph.D.*

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Ask anyone, whatever their circumstances, if their life is vibrant, fulfilling, harmonious and happy. An honest reply is likely to be 'no', because to answer a truthful 'yes' is no mean feat. Only to grow psychologically and emotionally is not enough. And only to grow spiritually is not enough either. All three dimensions need to be developed in order to realize your full potential. If you are willing to assume total responsibility for the self and to start what is an on-going journey, you will quickly begin to glimpse the first fruits of the ultimate goal: inner well-being, freedom, peace, harmony and joy. This book sets out the pathway to self-mastery and self-discovery and walking that pathway will be the most exciting adventure of your life.

*'Rewiring the Soul'* provides a user-friendly roadmap for personal transformation. Using conversational style, it guides the reader to an understanding of life's problems and how they can be resolved, deliberately including the reader's connection to his own soul and spiritual growth. Based on common sense and the author's work as an integral psychotherapist as well as lessons gleaned from teaching and personal experiences, all interwoven with current findings from neuroscience, positive psychology, quantum physics and Buddhism, *'Rewiring the Soul'* signposts the path to resolving everyday life and its problems while converging with the inner quest for connection with the soul. This process allows life to take on a revolutionary new meaning: resolving personal and interpersonal issues while keeping the inner connection to the soul in mind leads to unprecedented growth that is simply not possible if psycho-emotional matters and spiritual concerns are not combined.



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Playing with family inside a park, coming to see the ocean world or hanging out with good friends is thing that usually you may have done when you have spare time, after that why you don't try thing that really opposite from that. Just one activity that make you not sensation tired but still relaxing, trilling like on roller coaster you are ride on and with addition of knowledge. Even you love Rewiring the Soul: Finding the Possible Self: How Your Connection to Yourself Can Make All the Difference, you are able to enjoy both. It is good combination right, you still desire to miss it? What kind of hangout type is it? Oh seriously its mind hangout folks. What? Still don't have it, oh come on its called reading friends.

**Alfred Greenwell:**

What is your hobby? Have you heard this question when you got pupils? We believe that that problem was given by teacher to the students. Many kinds of hobby, Every individual has different hobby. Therefore you know that little person such as reading or as reading through become their hobby. You have to know that reading is very important as well as book as to be the thing. Book is important thing to increase you knowledge, except your teacher or lecturer. You will find good news or update concerning something by book. Numerous books that can you choose to use be your object. One of them is actually Rewiring the Soul: Finding the Possible Self: How Your Connection to Yourself Can Make All the Difference.

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