

[PDF] Working On Yourself Doesn't Work: A Book About Instantaneous Transformation

Ariel And Shya Kane - pdf download free book

Books Details:

Title: Working on Yourself Doesn't W

Author: Ariel and Shya Kane

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Description:

Instant gratification junkies seeking self-awareness are bound to find the title of Ariel and Shya Kane's book extremely attractive. And seductive it is: who wouldn't like to discover enlightenment in a moment? The key, explain the Kanes, is *getting* to the moment: being fully present in the here and now without trying to manipulate or change what you see. According to the Kanes, "all problems are a projection towards the future of possible realities based on the past." Consequently, inhibitors to living life directly include the inability to let go of one's history--to forgive people and events from the past--as well as resistance to the circumstances of one's life, and repetitive, mechanical thoughts and behaviors. The essence of transformation is "a non-judgmental witnessing, viewing, or seeing of yourself and how you interact with your life," which stands in direct opposition to therapy's

approach of working on one's history to bring about change. Here, awareness of a prejudice or pattern of behavior is--simply and immediately--enough to transform it.

Principles of awareness, self-realization, and enlightenment, of course, are nothing new, and the Kanes are careful to point this out. Some readers may wonder, then, why the Kanes refer to themselves as pioneers of a "revolutionary new technology," and whether Instantaneous Transformation(R) really requires a trademark. Nevertheless, *Working on Yourself Doesn't Work* is warm, anecdotal, and conversationally written, and includes general suggestions and pointers for the reader rather than rules to memorize. All in all, it is a gentle and potentially powerful invitation to enter a new and liberating state of mind. --*Svenja Soldovieri*

Review " Don't let the title mislead you. This book is not about the futility of self-improvement, but rather about the effortlessness of transformation... With compassion and humor, the Kanes brilliantly articulate the specific blocks that keep us locked in the past and future, unable to experience the present fully... Particularly touching is a story Ariel tells about Shya's mother, Ida. This tale of forgiveness illustrates the transformation that takes place when we can glimpse the intelligence that lies beneath another's choices. This is a simple, easy-to-read book with a valuable message that can take you through the swamp of the mind into the clarity and brilliance of the moment." -- *Whole Life Times, Jan. 2000*

"#1 Best Book Buy. The search is over! Working On Yourself Doesn't Work is all you will need to make the transformational shift that can dramatically alter the course of your quality of living - for the rest of your life. This simple, yet profound book teaches us how to live in the moment. What also impresses me about this book is the easy to read double spacing that is used. As a book reviewer and author, I have read literally hundreds of books and this is the first book that immediately drew me in, as my eyes relaxed I felt welcome to become a part of the experiences portrayed in the book. It is refreshing, truthful, sincere, authentic and written with insightfulness and clarity. I choose to give this book a rating of 10+. A must for the library of every seeker of truth." -- *Awareness Magazine, Nov.-Dec. 1999*

"A great book which I so enjoyed reading!... It inspired me to re- examine my life and my personal beliefs so that I now function on a much higher level." -- *Magical Blend Magazine, Dec. 1999*

"Becomes Best-Seller on Amazon.com (October 1999) Popular title in Self- Help/Personal Transformation category" -- *amazon.com*

"I strongly recommend this book. Ariel & Shya Kane are highly skilled, experienced guides who point the way to the clarity of the present moment. They are at the forefront in the field of personal transformation and have much to offer anyone who wants a more meaningful and fulfilling life." -- *Free Spirit Magazine; Southern California Spirit Magazine, Aug.-Sept. 1999*

"This book is a must read. One to have on your bookshelf, to share with your friends." -- *To Your Health Magazine, Nov. 1999*

"This warm, accessible book will illuminate and befriend your transformation." -- *Personal Transformation Magazine, Jan-April 2000*

"Working on Yourself Doesn't Work is a simple and profound book which teaches people how to live in the moment. It shows the reader a powerful and revolutionary method of self-discovery which goes beyond psychology - a method in which neutral awareness helps individuals find a way through the web of their thoughts and past programming into "the clarity and brilliance of the moment." It

supports readers in discovering a more honest, true and natural way of being that will allow them to be increasingly effective and satisfied in all aspects of their lives." -- *Common Ground Magazine*, Dec.- Feb. 1999-2000

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