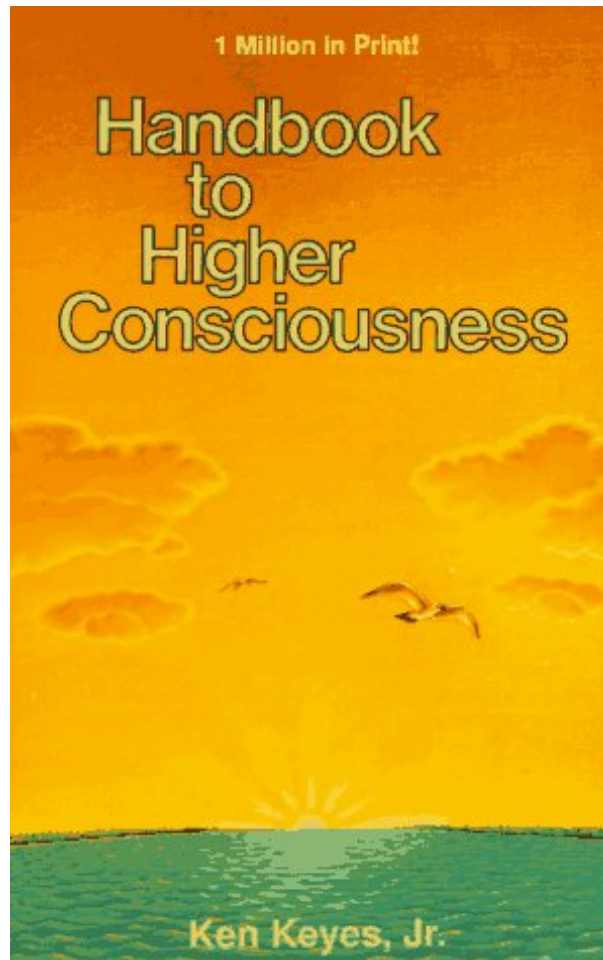
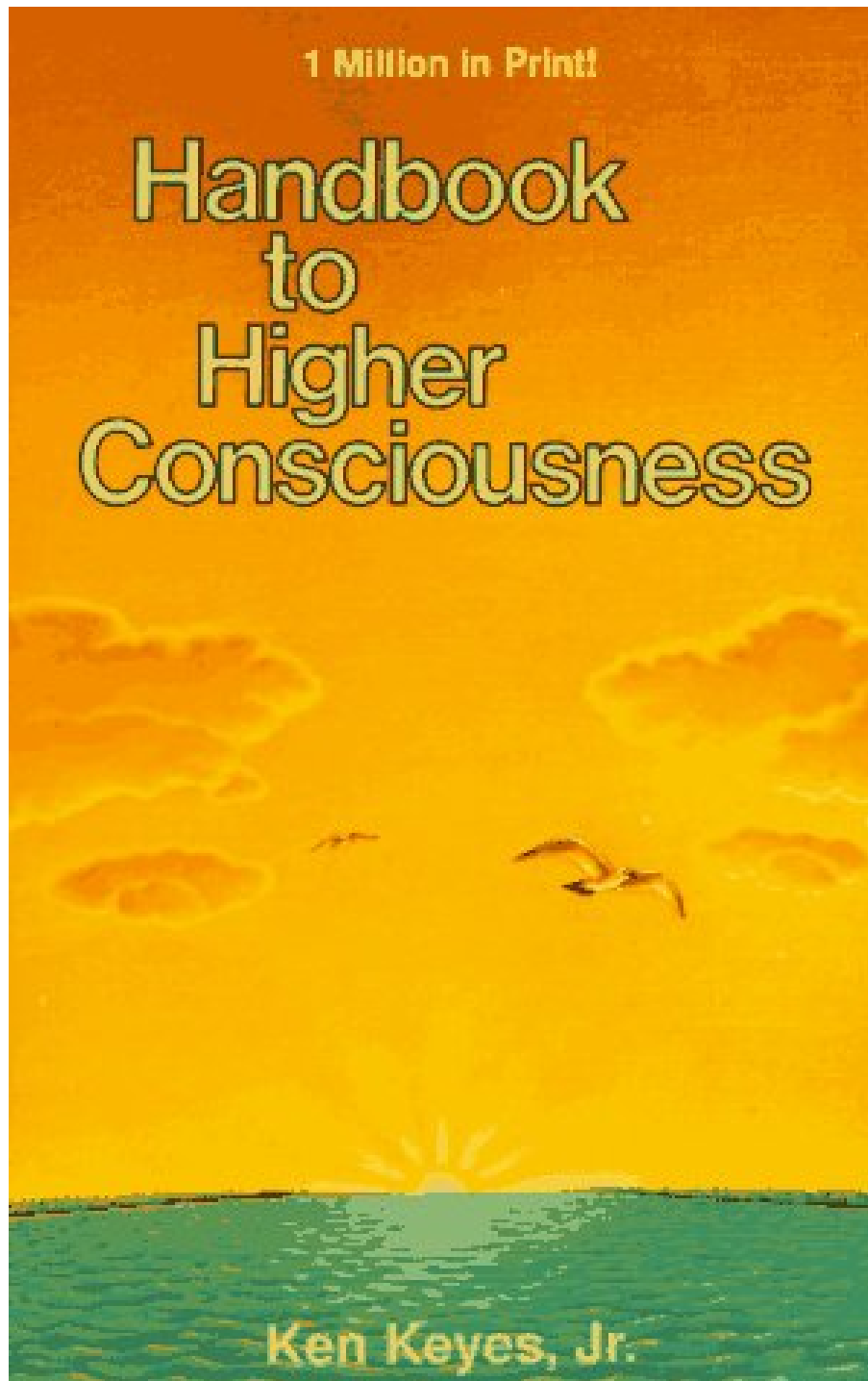


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This perennial bestseller is more popular than ever and has helped countless people experience dramatic changes in their lives from the time they begin applying the simple, effective techniques.

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A non-dogmatic approach to self-transformation.

By Miro81

I read this book back in 2000 when I was dealing with chronic depression and anger issues. There are a LOT of books out there on self-help and emotional healing, etc, and many of them while "highly acclaimed" have a huge number of both five star and one star reviews here on amazon. I've read several of those, which I won't bother to mention, and I can say they do tend to feel hokey, vague, overly-religious, or too 'chicken-soupy.' But from a purely personal opinion, I will say this book helped me more than any other, in a very practical way.

When I was at my worst, I did not want to hear "it's going to be okay." I could easily and instantly dismiss any person or book that began by trying to tell me everything would work out. Even if "positive thinking" is a great personal philosophy for some, many people who are stuck in the darker corners of their minds cannot believe in "thinking yourself happy." This book took me through steps which helped me access a Zen-like perspective, but was not trying to sell Zen or any other particular mode of thinking (in my humble opinion). As I read "Handbook to Higher Consciousness", I was able to view my problems and pains from a distance. It may sound vague, but I really comprehended and was able to apply the idea of 'stepping out of my mind' and experiencing my more difficult moments 'as if they were movies playing on the screen of my mind.' After completing the book, I didn't feel I was pressured to seek out classes, read other books (so many acclaimed self-help authors write sequels for some reason - if the philosophy was so sound why do I need to buy a sequel?), or buy any other sort of merchandise. This book is complete lesson in and of itself. I have loaned my copy out enough times that I have had to replace it.

If you feel like you are drowning in your own emotion, I humbly feel that this book can teach you to float.

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