



Brink: Don t Go Back to Sleep (Paperback)

By Z Newell

Blue Skyz Unlimited, United States, 2015. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book ***** Print on Demand *****.NEW AGE - VISIONARY FICTION - ALLEGORY - INSPIRATIONAL - SPIRITUAL - SELF-HELP
Tormented by the never-ending voices of his inner critic and the thought storms in his mind, a disheartened man travels West on the brink of despair, stopping overnight in a small Nebraska prairie town, where he experiences a surprising inner awakening. Are you searching for a way to find inner peace, reduce stress and be happier? Follow this inner journey in BRINK and discover a key tool that you can use to help you change the way your thinking and emotions take over your life! It is possible to achieve a greater level of inner peace on your own journey or spiritual path. Inspired by the profound wisdom of Michael Singer s non-fiction work The Untethered Soul, the author here shares the process of one man s internal struggle to understand, and escape from, the incessant voices of his inner self-critic. Then--moving well beyond the entry point of self-criticism--this simple allegory delves deeply to explore the very nature of thinking and emotions themselves...



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