## **Making Your Wisdom Come Alive - Michael Gluckman**

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"Reading Michael's book is like listening to a wonderful symphony that leaves you feeling uplifted and refreshed. It is highly recommended for all those who sense that there's an alternative to suffering, and who want that alternative now." - George Fine In the fully revised second edition of "Making Your Wisdom" Come Alive," Michael Gluckman reveals the secret teachings passed down from antiquity. He shows how these teachings are genuine, because they are reasonable and because you can experience them. Although they help with stress, depression and anxiety, Michael shows how life is more than just getting rid of problems. In fact you will be astonished by how much wisdom and joy you can experience. In the same way that the sages of old discovered this indescribable freedom, you can discover it too. Indeed, you will find that the source of wisdom and happiness is actually the center of your experience. "Making Your Wisdom Come Alive" promises to help you: \* Experience happiness and joy at the source \* Banish emotional pain, stress and depression \* Find peace when all seems lost, when you are sick, broke, afraid and alone \* Deepen your meditation practice and find the center of your mind The first section of the book is a step by step guide that starts with your everyday experience and from there, takes you to a place where you can discover the freedom and happiness that springs from your identity. Michael describes the process of returning happiness to its rightful place. He opens your eyes to your natural freedom, and shows you how to cut the strings that seem to pull you back into limitation. This allows you to remain in an effortless state of peace. In the second section, Michael presents the teachings of many sages from different cultures and religions. This is to show the validity of this knowledge, to fuel your meditation practice, and to confirm your experience. Kevin Loucks said, "Finally, I needed to experience what I was reading about first hand, but I wasn't really sure how to do that. Michael and "Making Your Wisdom Come Alive" helped to start me on my way. .... His book does make your wisdom come alive, and much, much more." Michael writes, "My hope in writing this book is not so you can learn a new or improved philosophy, but so you can be liberated from the limitations that the world seems to present, and live in freedom and joy that you never would have dreamed possible."Author: Gluckman, Michael Publisher: eBooklt.com Illustration: N Language: ENG Title: Making Your Wisdom Come Alive Pages: 00000

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