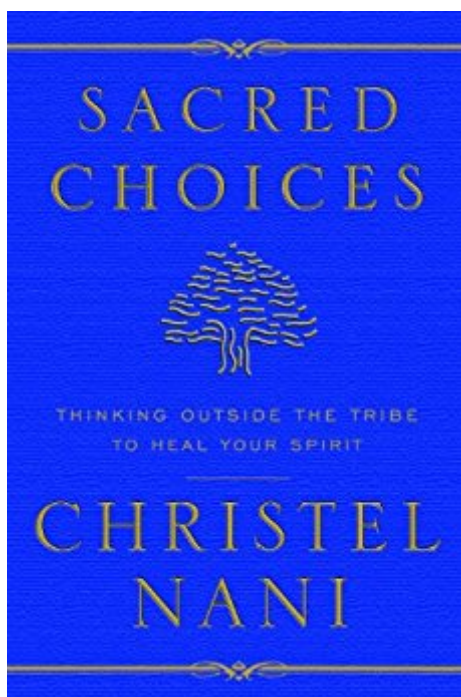


The book was found

Sacred Choices: Thinking Outside The Tribe To Heal Your Spirit



Synopsis

When you are making a decision, do you feel torn between what you are supposed to do and what you would like to do? Do you feel unable to live a fully spontaneous and authentic life? Are you troubled that some of the things you do conflict with your intuition or inner knowing? Have you wondered why your positive affirmations aren't coming true? In general, do you feel stuck or frustrated with the way things are? If so, you may be experiencing a conflict between your evolving spirit and your tribal beliefs. Tribal beliefs are a set of unwritten rules that are passed down to us from our families and other cultural, religious, or social organizations about the way life works, what defines a good person, and how we should live our lives. Unfortunately, some tribal beliefs can limit our intuitive choices causing dissatisfaction, anxiety, fatigue, depression, and eventually physical illness. In this warm, engaging, and inspirational work of personal renewal, Christel Nani guides you to listen to your inner knowing, the always wise and honest voice of your spirit that will illuminate the specific tribal beliefs that are standing in the way of your success, happiness, and healing. Based on a program that has helped thousands of people transform their lives, Nani shows you how to creatively rewrite your tribal beliefs in areas such as work, marriage, health, and success in a way that harmonizes with your own spirit, talents, secret wishes, and individuality. Best of all, you will be astonished at how easy it is to accomplish such a personal transformation and how quickly you will be healed and liberated from a sense of burden and guilt that you probably believed would be with you for a lifetime. The decision to break free of your limiting beliefs and live the life you were meant to live is truly a sacred choice. With this joyous and enlightening book as your guide, you have the power to make that happen starting today. From the Hardcover edition.

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Customer Reviews

I have never written a book review before. It's not because I haven't wanted to, but because I have believed, since high school, that I am a lousy writer. I would have never considered writing anything on such a public forum before this because of an incident in one English class that resulted in this limiting belief about myself. Christel Nani, in her third book, *Sacred Choices: Thinking Outside the Tribe to Heal Your Spirit*, explains what tribal beliefs are and how they can not only limit your life and true potential but impact you daily, causing you to make unconscious choices. Tribal beliefs are limiting beliefs you have about all areas of your life--family, love, work, health, God, and of course, for me, writing--that you learn growing up from your family, school, church, and other significant people in your life; they drive your behavior unconsciously. Christel's well written, easy to follow guide allowed me to identify many beliefs that rule my life. The multiple examples she gives throughout the book aided in unearthing tribal beliefs in my life that would have otherwise remained deeply hidden. Reading Christel's book helped me see how these beliefs have kept me from living the kind of life I want. Her guidelines for rewriting a tribal belief are practical and easy. Discovering that I didn't have to change my belief of being a lousy writer all the way to "I can write like an eloquent, best-selling author" freed me from my all-or-nothing thinking. Changing that belief to "It is reasonable to believe that I can write in an articulate, succinct way about something I strongly believe in and feel passionate about" allowed a shift to occur.

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