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The Unbelievable Happiness of What Is: Beyond Belief to Love, Fulfillment, and Spiritual Awakening

Jon Bernie

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What do you *really* want—isn't it happiness? And what keeps you from being happy? Could it be that your need to cling so tightly to what you believe—about yourself and life, about how things *should* be—is what's holding you back? In *The Unbelievable Happiness of What Is*, a contemporary spiritual teacher in the non-duality tradition reveals how confronting and letting go of our negative beliefs about ourselves and the world ultimately sets us on the path toward an awakened life of profound joy, meaning, and purpose.

We all want peace and freedom and love and happiness, we all want to be fulfilled, but so many of us fail to reach the level of contentment we've built up in our minds, often believing there's something wrong with us and blaming ourselves, others, or circumstances for our perceived lack of accomplishment or satisfaction. But the truth is, happiness is not something you have to get or achieve, because it's something you already have—in fact, it's what you already *are*.

With this book, author Jon Bernie—counselor, healer, and teacher in the lineage of Adyashanti—sheds light on the struggle to find happiness, showing how our unexamined beliefs distort our identities and make us suffer by creating unconscious tension in our bodies and minds. You'll learn how to bring awareness to these patterns and begin to unravel the tightly held, negative beliefs that have overshadowed your existence, finally moving through them and into a brightening of experience and the realization of true happiness, liberation, peace, and fulfillment.

Using this compassionate, heart-centered approach, you'll work with your feelings rather than resist them, and find guidance and support in surrendering to the relief of not knowing. You'll also learn to relax into and live *as* awareness in your day-to-day life. Most importantly, you'll discover that which you've been seeking but has never really been out of reach—something that is, indeed, beyond belief: the unbelievable happiness of accepting what is.

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Now a day people that Living in the era where everything reachable by talk with the internet and the resources inside it can be true or not call for people to be aware of each data they get. How many people to be smart in acquiring any information nowadays? Of course the reply is reading a book. Reading through a book can help individuals out of this uncertainty Information particularly this The Unbelievable Happiness of What Is: Beyond Belief to Love, Fulfillment, and Spiritual Awakening book since this book offers you rich data and knowledge. Of course the details in this book hundred per cent guarantees there is no doubt in it you probably know this.

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A lot of people always spent their very own free time to vacation or even go to the outside with them friends and family or their friend. Do you know? Many a lot of people spent they will free time just watching TV, or maybe playing video games all day long. If you would like try to find a new activity here is look different you can read the book. It is really fun for yourself. If you enjoy the book you read you can spent the entire day to reading a reserve. The book The Unbelievable Happiness of What Is: Beyond Belief to Love, Fulfillment, and Spiritual Awakening it is rather good to read. There are a lot of folks that recommended this book. These were enjoying reading this book. In the event you did not have enough space to bring this book you can buy typically the e-book. You can m0ore effortlessly to read this book through your smart phone. The price is not too expensive but this book offers high quality.

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