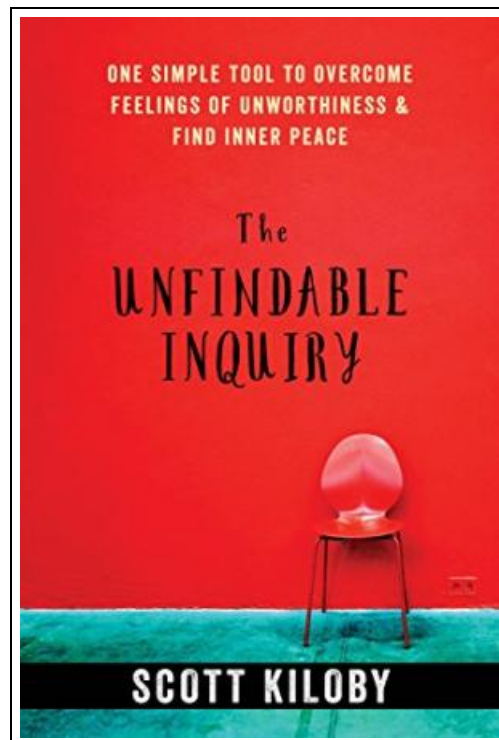


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New Harbinger Publications, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book. This book presents the Unfindable Inquiry, the central tool of the Living Inquiries approach to non-dual self-inquiry-a process author Scott Kiloby developed to help you overcome your false sense of separation and the all-too-common, deep-seated belief that you re not good enough. With this powerful blend of psychology and spirituality, you ll come to understand that the separate, deficient self cannot be found. What you ll find instead is a profound sense of peace.Many of us carry an ingrained belief that we re somehow inadequate and that we re separate and alone, which can lead to a general dissatisfaction with life, conflicts with others, and an estrangement from ourselves that causes us to look outward for what we feel is lacking. When we look outside rather than looking within, it s easy to find ways to confirm our false beliefs about ourselves. With the Living Inquiries, you ll be able to see your mistaken belief in the core deficient self and realize the essential oneness that exists in the here and now.Starting with the Boomerang Inquiry and the Panorama Inquiry, two self-inquisitive processes of the Living Inquiries, you ll learn to identify and explore the stories you tell yourself that underlie the challenges and disharmony you experience. Then, once you ve cracked the foundation of the false deficient self, you ll use the Unfindable Inquiry and one simple question-Is that you?-to reveal that you are not who or what you ve taken yourself to be.No matter what it is you struggle with-anxiety, depression, relationships, trauma, addiction-it s likely that painful self-judgments, and the belief that you re separate from the world around you, are at the root of your suffering. With The Unfindable Inquiry, you...



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