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By Roger Housden

NEW WORLD LIBRARY, United States, 2016. Hardback. Condition: New. Language: English . Brand New Book. In our culture of get more, have more, be more, is there any place for thanks, I m good ? Bestselling author and acclaimed teacher Roger Housden says yes in this alternative to nonstop striving and self-criticism. Whether about our relationships, careers, or spirituality, many of us judge ourselves as not measuring up when we would certainly experience more fulfillment if we stopped struggling with ourselves. Housden came to some of these realizations in an extraordinarily challenging situation: being questioned by authorities while researching a book in Iran. In the midst of confinement, he knew, beyond all logic or reason, that he was actually free. Most of us will never find ourselves in such an extreme set of circumstances, but we may feel trapped by our behavior and experiences. Housden s words affirm that we can find peace and contentment, no matter what.

### Reviews

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