



The Mind of the Soul: Responsible Choice

Gary Zukav

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Here is a practical, useful, and easily understood exploration of the dynamic of choice and how the choices we make affect our everyday lives, for better or worse. Learning the relationship between the choices that we make and the experiences that we encounter is central to freeing ourselves from the illusion that we are victims of our circumstances.

The Mind of the Soul: Responsible Choice is essential for all of us who wish to take charge of our lives. Taking control means making the transformation from an individual who is constantly buffeted by the everyday realities of life, to an individual who pro-actively experiments with life to make change in a positive way. Experimenting with new perceptions instead of falling back on the same old patterns of self-definition can open up exciting and dramatically new relationships in life.

The Mind of the Soul: Responsible Choice presents in pragmatic terms one part of the process of creating authentic power: the alignment of the personality and the soul that was so brilliantly presented in *The Seat of the Soul*. It allows listeners to develop, step by step, the ability to break free of habitual, self-defeating patterns of thoughts and actions that hold them back and limit their pleasure and success in life, however that may be defined.

The Mind of the Soul: Responsible Choice is also a companion book to *The Heart of the Soul: Emotional Awareness*, which guides the listener through the process of becoming aware of everything that he or she is feeling at each moment.

This audiobook can be absorbed as a stand-alone program, or in conjunction with *The Seat of the Soul*, *The Heart of the Soul*, or both.

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