



From Ego to Soul: Discover what your Soul needs...and your Ego wants...

Suzie Daggett

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Does your ego or soul drive your life? From Ego to Soul is an engaging, easy to understand conversation about how you can enrich your life and reward your spirit by understanding the wants of your ego mind and the deeper needs of your soul. This book will help you learn simple yet effective ways to recognize when reactive habitual habits change to proactive aware moments. You may have heard the expression that we are spiritual beings having a human experience. We are here to learn specific soul lessons in this life, through our ups and downs, our happy contented moments, our challenges and even our suffering. The “job” of the soul is to offer us endless possibilities to grow, learn and appreciate the opportunities presented by great mystery of life I call Source (please substitute your chosen word for this entity which is beyond our understanding). Living from a soul’s point of view may be what matters most in our lives, yet this notion is often overlooked while the mind and ego play large in our reality. From Ego to Soul can help you develop a broader understanding of why the soul is so important to your wellness, how to hear the soft whispers of your soul and how to live with new directions of ease, inner peace and awareness.

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From reader reviews:

Charles Dame:

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Tammy Mangold:

Playing with family within a park, coming to see the coastal world or hanging out with close friends is thing that usually you may have done when you have spare time, subsequently why you don't try matter that really opposite from that. One particular activity that make you not sense tired but still relaxing, trilling like on roller coaster you are ride on and with addition associated with. Even you love From Ego to Soul: Discover what your Soul needs...and your Ego wants..., you can enjoy both. It is good combination right, you still would like to miss it? What kind of hangout type is it? Oh can happen its mind hangout men. What? Still don't have it, oh come on its identified as reading friends.

Pandora Rice:

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Alan Sarno:

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