

"Mastering Life's Energies offers the reader very bold and insightful instructions that can genuinely animate positive changes in a person's life. A wonderful book indeed."

— CAROLINE MYSS, author of *Entering the Circle* and *Anatomy of the Spirit*

Mastering Life's ENERGIES

*Simple Steps to a Luminous Life
at Work and Play*



Maria Nemeth, PhD

Author of The Energy of Money

Maria Nemeth

Mastering Life's Energies: Simple Steps to a Luminous Life at Work and Play



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It is the "a-ha" instant when one encounters the beauty and grace of life, whether when looking at the eyes of a newborn child or watching sunlight set over the ocean. But those moments are often too brief. Too often, people walk around in a fog, feeling vaguely frustrated, resigned, and cynical and asking all the wrong questions about how to create lifestyle better. Everyone has had luminous moments in their lives. This book gives readers specific options for allowing luminosity to their lives on a constant basis, permitting them to watch the world with much younger, more vibrant eyes. They skip the purpose to be alive: to awaken and become oneself, to permit others to contribute to them and to, subsequently, contribute their presents to the world.



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This book provided some clean takes, so that it was well worth the read for me. But the outcome is one of hopeful joy if you follow along properly. It really is more than the power of positive thinking, though it does consider some positive thinking to place the ideas in action. The importance of taking action is what pieces this book aside from others I have read. I will be reading this book over and over while I place its wisdom into practice in my life. Purchased for self and friends: what better gift than Luminous Living? I've read many books in the region and have been disappointed with many as there's only so much that can be said on the same subject. If "a rut" has you run aground, discover useful solutions with the teachings of Maria Nemeth. I aspire to better goals than nature walks or planting a garden so I wish there have been more types of higher stakes goals reached for and achieved as I'm sure the author has several examples to talk about. Warning: this reserve works in part by teaching basic but truthful study of one's life. Easier to light a candle than curse darkness. There's meat here. Great Book I enjoyed this reserve tremendously. I missed this a whole lot unique of The Energy of Cash, if you haven't read either, you'll love this. Understanding the energy at the rear of achievements There are plenty of books on manifesting and goal setting, but I appreciated this author's take on defining goals. The emphasis on positive and active framing appealed to m linguistic nature. "Empty nesters" or any others finding life in the swing of change may go through the new holds rich opportunities previously unrealized. Deep and Simple It takes some concentration to follow the theories taught in this publication. Practical Advice This second book from Maria Nemeth is more practical advice instead of rah-rah motivational encouragement. The title could be off putting if you are cautious with the etherial and "new age-like blather in this field but don't let that throw you off. This book outlines a mental process that anyone can apply and get lasting results. It isn't psychobabble or analysis. It is more helpful information to acknowledge what your 'blocks' are, to anticipate them and then do something deposite those 'blocks'. Where Tony Robbins and Brian Tracy and Jim Rohn may motivate and discuss the qualities one needs to excell in their life, Get better at Life's Energies speaks to the practical steps you can take. Like Maria Nemeth's wisdom and practicality Love, love, love Maria's work. Browse it, take the techniques outlined and see lasting results. I use her wisdom in my daily life and share it with my client's often. Worthy of a read. Works for all ages. Excellent! Sublime! (I'd state we need such an Ontological Revolution in these complicated times we reside in! We interviewed Dr. Nemeth a long time ago for an article I was writing about spirituality and money. Must buy!" I tend to eschew "self-help" books but this is no self-help publication. Well, yes, it can help the self. But I'd say it issues the outdated, limited self to grow into something more deeply and much more meaningful and yes, luminous. I appreciate especially the feedback on ontology -- we name the specifics of our ground-of-being (via our life intentions and requirements of integrity) and these become our guiding lamp-articles toward living a lifestyle of meaning. Practical !) Nemeth integrates metaphors from the brand new sciences and brain research to support how we may re-conceptualize this is of what it means to be fully alive each day. Luminous Path to a Luminous Life I wish i could give this book more stars! Browse it! I'm learning so very much. Good experience Great reserve and it arrived soon after ordering. Having been a coach for several years I keep it on my desk and present to my clients choosing big goals. Get the book. I've been reading about and reflecting upon the forms of queries resolved in this book for many years. The writer distills deep wisdom into obvious, effective explanations and specific, practical exercises. Yet even in the closing web pages of _Mastering Life's Energies_, i continued to get new, useful insights. I recommend that everyone examine this book and business lead a luminous life. Title is True! Great practical steps to

transforming into who you intend to be. Allows you to observe what is getting back in the way of living your intentions along with your own integrity. Today, years afterwards, I've come upon "Mastering Life's Energies. This book rocks !. Useful pragmatic and filled up with strategies An excellent book for moving previous your personnel stumbling blocks in choosing what is important to you. It's a great read, lots of stories and filled with strategies.



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