

*"Direct and eloquent... a practical,
six-step program to self-liberation"*

—GABOR MATÉ MD

CHOOSE AGAIN

SIX STEPS TO FREEDOM



**DIEDERIK
WOLSAK**

RPC, MPCP

with a Foreword by Gerald Jampolsky M.D.

Diederik Wolsak

Choose Again: Six Steps to Freedom



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Diederik Wolsak's. His customers possess begged him to write a book in order that his life-changing technique can be widely shared, and now here it is! CHOOSE AGAIN tells the inspiring story of Diederik's and which can dramatically increase the pleasure and peace in your daily life. As he changed himself from a self-destructive, self-loathing bully to a fantastic healer, he devised the Process that turned his lifestyle around—his journey from childhood in a Japanese focus camp to his recovery middle in Costa Rica. By mastering the Choose Once again Six-Step process, you will probably decrease stress, increase joy, improve all your romantic relationships, and transform your life once and for all. This deceptively simple method is now yours, to help you discover greater joy than you ever believed possible. It is with great enthusiasm that people recommend this book for you. Treat it with utmost respect, for this has the power and the potential to seriously change your life. From his early sorrows, and from the later suffering he engendered for himself because of this, Diederik Wolsak has fashioned a useful, six-step plan to self-liberation. — from the Foreword by Gerald Jampolsky, M.D., Founder of Attitudinal Healing, Author of Like is Letting Go of Fear " " Gabor Maté He has already helped many fellow human beings; with this publication he can help many more. — He transmits his teaching straight and eloquently, and with unsparing honesty., Writer, When The Body Says No: The expense of Hidden Stress Choose Again Six-Step Process provides been quietly transforming lives for more than 20 years. M.



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Diederik does an incredible job in assisting us to recognize and heal false ... I have already been counting the times for the discharge of this book. Diederik does an amazing job in assisting us to recognize and heal false beliefs which have been working the show for all of us for years and years. Live in doubt, sadness, be concerned, victimhood and feelings to be unworthy or CHOOSE AGAIN. The biggest present this practice has provided me, can be that it has opened my center to self-love. It really came right down to a choice for me personally. The Choose Again process has helped me through many of the most challenging times. There are real tools in this book, that I can follow anytime, in any place so when I proceed through these steps and apply them whenever I am upset on the subject of anything. I am beginning to recommend "choose once again" to friends I have been reading "choose once again". Which is only love. Choose Again is an amazing six-step process, it really is a profound way of unearthing all those icky hidden beliefs and all of the lies we tell ourselves which keep us playing small, and consequently assisting us into remembering our Truth, that people are ALL LOVE! Since I found Diederik speak at a meeting in New York three years ago, I've turned into a huge proponent of this process, and now, depends upon can learn about it through his publication. This reserve identifies the source of suffering in which a new choice can be made with a peaceful conviction. You are like! Thank you to Anne Andrew for all you have done to make this publication happen, and thank you to the complete Choose Again team, from your healing center in Costa Rica and other areas of the globe, for all of the hard work and dedication you have done to perfect this process through years of tried and true practice. It creates the steps very easy to adhere to and it's really written in easy language that everyone can understand. In using the Choose Again method I think it is so liberating to become free from the past and have lasting reassurance.. This is a new kind of self help publication, it works! and in the event that you know me, you know how much After all this! So helpful!.. "This reserve is incredibly well-written and therefore, readable. How, then, do we access joy--the full measure of healing? But it's by no means too late right! The one primary belief "I am another self" could be and is normally unthought by resting (abiding inside our true nature)-direct path.3 Anyone Can Do This; Very Empowering Tired of feeling just like a victim? This book requires leaving blame at the doorstep, to understand a new method of being. If you would like to learn an easier way of feeling and responding, this is actually the perfect reserve for you. Readers will recognize themselves in this reserve; it brims with healing tales of different people, many previously declared "hopeless". I'm a psychologist, who specialized in trauma recovery (specifically EMDR) before I retired and before I discovered the Training course in Miracles. Some guidelines that Wolsak teaches act like what I learned: Adhere to upsetting emotions to the root experience, find the core belief about oneself hatched for the reason that moment, and right the belief. I witnessed many loosening their grasp on symptoms and suffering, so that they could live "normal" lives. This book offers a practical, simplified way to lasting satisfaction. Because I can only imagine what my life could have been like easily discovered this practice when I was young. Wolsak tells us how, through his unique tone of voice. Here are a few: Forgiveness has a new twist: It isn't about forgiving someone else, it's about determining and forgiving ourselves for the mistaken ideas we've constructed about what we are, generally loathsome. Within this gem are refreshing (though likely provocative for some) principles for full healing, no real matter what the issue. Suffering can be an identity issue. We forgot who we really are, and produced up a complex, painful ego-based identification that imprisons. After we remember, struggling dissolves and so does the prison. The evidence that the power within us is higher than the power of the ego which

has lead us into misery. There's a ripple effect. The author, Wolsak, takes the reader through six very helpful steps to realizing why you responded the way you did and assisting you choose a fresh response that comes from the area of who you truly are: a beloved and loving child of God. He gives concrete examples--this is not still left as an abstract idea. There are various paths to healing. The hard component is seeing that each one has created his own problems. The steps are simple, yielding profound outcomes. I couldn't put the book down and I saw results personally within two times. Choose Again the Like of Who You Really Are Perhaps you have ever been shocked at the hurtful terms that poured out of your mouth in response to somebody who had just stated something hurtful? I'm grateful to the writer and for his courage to write this book. It's well worth the trade. We aren't healed alone because we aren't alone. A good thing to remember, he advises, can be this statement: "I am like and that's all that I am. that it creates it's way in to the school systems. It'll transform your life to a existence of freedom from outdated beliefs and reactions to the joy of understanding who you really are and performing from that belief. Sure to become a best-seller, I recommend this book to anyone who would like to live a happier, more joyful existence. It actually lifts the cloud and enables me to see the truth of who I am and who everybody else is too. < Readable and easy to comprehend I loved this publication. Everything that arises is normally experience that we label with thought , feelings, emotions, perception. Consciousness knows itself thru experience, God knows itself thru creation. I am beginning to recommend " choose again " to friends, I get presented to many books that are meant to move thru me to others. That is one of them. Simply tell him I love him and his function. We change the world from the inside since there is no world to change!...big and small. Many thanks Diederik Wolsak, for getting the courage, vulnerability and tenacity to talk about your journey and to get creating this practice, which is now in book form. And that simply changes everything! Nevertheless, I harbored a nagging, existential question based on the observation that the absence of symptoms, the return to this "normal" life, isn't joy's equivalent. This is the best self help book I've ever read. It is not just a book of suggestions but offers practical steps to heal actually the most difficult past hurts and upsets in such a clear and concise step-by-step process. I want I could earn the lottery, because I would choose the whole world a copy. Life changing This wonderful book and the Choose Again process is certainly among my favourite spiritual tools. My dream. Readable and follow the steps I actually am really enjoying this process. Helps me put theory into practice. Truly Life Changing I recommend this reserve to anyone who is trying to comprehend life, themselves, or anything There is an response to your misery. When one heals, it doesn't occur in isolation. Still, there isn't a center in Mexico where I live and make an effort to work his program with little or no help. The prior book on Unhappiness that I browse was bout CONNECTIONS. Wolsak prospects us into reference to others, with ourselves and with the power of the universe. If you're seeking, go through this book. I strongly believe that if all of the world would read Choose Once again and practice the Six Steps to Freedom, globe peace would be possible.. Heartfelt gratitude for you Diederik Wolsak for posting your story and this whole process so most of us benefit - you are certainly a wonderful gift to this world! Thank you! A ripple effect of healing This incredible book has a laser focus and network marketing leads to a permanent repair of traumas and upsets. A Training course in Miracles has become more active!. A "must browse" for everyone This is a classic wonderful book! I am certain that the proress will work for everyone who actually try. He uses progressive path techniques, teachings to put separate selfs(thot) into the direct path. This practice is a game changer for me personally and I recommend it. Besides the 6 steps, Diederik tells his amazing

story, that ought to be a book alone! Thank you Transforming - Personally and Professionally! Choose Again: Six Steps to Freedom is definitely a most concise Life 101 template for anyone desiring personal, relationship, professional, parenting, career and/or educational guidance and more. Utilizing the Six-Step technique provides access to a most easy-to-understand, systematic method of inquiry which will surely assist in answering any and every "Life101" question that'll be presented to us.



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