



The Pathwork of Self-Transformation

Eva Pierrakos

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For more than twenty years, noted therapist Eva Pierrakos was the channel for a spirit entity known only as the Guide. Combining rare psychological depth and insight with an inspiring vision of human possibility, the Guide's teachings, known as the Pathwork, have influenced many New Age thinkers. Now the core teachings of the Guide have been collected in one volume synthesizing its essential wisdom.

The Pathwork of Self-Transformation Details

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Author : Eva Pierrakos

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Genre : Spirituality, Psychology



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From Reader Review The Pathwork of Self-Transformation for online ebook

Lara says

This is a kind of self-therapy book. I learned how to find out about my unconscious patterns of thoughts and transform myself for better feelings, emotions and better life. This book really enriched my life.

Julie says

If you can get past the rather grating idea that the author claims her book to be written by a 'guide' and not by her (what's going on there??!!), then this is a great book for making us face our unhelpful behaviours and patterns. It was handed to me by a strange woman in Australia (who danced naked in her garden for an hour every afternoon) so I almost threw it away, thinking "hey, she's the mad one here!" Anyway, it turned out to be a book that was rather life-changing for me at the time. So for the sake of nostalgia, I've added it to my book list.

Barbc says

19new

ana* says

This is the best spiritual book I've ever read. It covers the gammet (sp?) in a very real, honest, and approachable way. I recommend it to all humans.

Angela says

better improve grow yourself
good tools here and good ways to look inside to our psyche and hearts

Angela says

One of the best books I've read. Very important and helpful.

Nathalie says

A must-read book for anyone doing consciousness work - it's saturated with powerful, eloquent wisdom that is explained in a practical way. I will refer to this again and again, and it's provided invaluable guidance for the next step in my personal evolution!

Jann says

If you've had enough of therapy, and you would like to know why you don't have inner peace, and how you can find it. . . and . . . if you are open-minded. . . or even if you are not open-minded, but you STILL have a longing for inner peace. . .check this out. This review also applies to all of Eva Pierrakos's book.

Colleen Stinchcombe says

The best part was the quotes at the beginning of each chapter.

Kimberly Nichols says

Really excellent look at the road to self-awareness from seeing our inner ugliness and beauty clearly and then walking forward on a conscious path.

Daniel says

A dense book. Difficult to read and apply but all together a journey into the self.

Ricardo Oliveira says

Great findings but not easy to grasp. One must be open and ready to challenge beliefs.
