



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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Charles Tebo:

Spent a free the perfect time to be fun activity to try and do! A lot of people spent their sparetime with their family, or their particular friends. Usually they performing activity like watching television, gonna beach, or picnic in the park. They actually doing same thing every week. Do you feel it? Would you like to something different to fill your free time/ holiday? Could be reading a book might be option to fill your cost-free time/ holiday. The first thing that you ask may be what kinds of guide that you should read. If you want to try out look for book, may be the guide untitled From Ego to Soul: Discover what your Soul needs...and your Ego wants... can be great book to read. May be it is usually best activity to you.

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