

FULL REVIEW BY CALIFORNIA BOOKWATCH

“Go Within to Change Your Life: A Hidden Wisdom Workbook for Personal Transformation is a guide directed to readers who seek not just spiritual and self-help growth, but transformation.

It is a workbook—which means that it’s a top pick for those interested in not just *reading* about transformation, but *doing the work* involved in reflecting, making changes, and tracking progress.

Another facet of this book lies in many fill-in-the-blank points which may not be appropriate for the rigors of library lending, but are perfect for users who want to write down and chart the process and progress of these changes.

As for the exercises themselves, they range from poems and writings to paintings. They invite readers to question engrained beliefs and value systems, discuss how new habits may be fostered, and provide important links between spiritual development and nature.

The exercises not only offer opportunities for reflection, but represent invitations to engage with transformative options in different ways.

Self-help readers interested in a blend of spiritual and psychological work that encourages them to gain insights and integrate them into life in a revised way will relish the many ways Dr. Greer helps readers form, customize, and outline pathways to self-improvement and change.

More so than similar-sounding books that promise such results, *Go Within to Change Your Life* delivers the routines, rituals, and reflections accessible to anyone who would closely inspect their lives for actionable, transformative opportunities.”

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SHORT VERSIONS FOR WEBSITE HOMEPAGE, NEWSLETTER, SOCIAL MEDIA

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