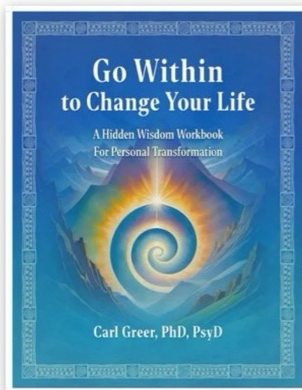


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# GO WITHIN TO CHANGE YOUR LIFE

A HIDDEN WISDOM WORKBOOK FOR PERSONAL TRANSFORMATION

BY CARL GREER · RELEASE DATE: MARCH 5, 2025

*A holistic, practical approach to self-improvement that may be too far-out for some readers.*

A self-empowerment book for personal transformation.

In this self-help book, Greer draws on his experience as a Jungian analyst, clinical psychologist, and shamanic practitioner. The first section focuses on accessing and interacting with "hidden wisdom," defined as "insights from the unconscious or even the *collective unconscious*." Dream interpretation, "journeys" (or guided visualizations), and dialoguing with symbols, figures, or feelings are suggested as exercises to unearth hidden wisdom. The author also encourages journaling about "archetypal energies" that live in the unconscious, such as the "Everyday Person" who follows a predetermined path or the "Adventurer" who thrives on new experiences. Greer prompts readers to examine the roles they play and rewrite their personal narratives. The second section explains how to identify values and priorities and to set goals that align with them. The author advocates pausing for mindfulness and observance, like looking at the sky and asking, "What if this were the last sunset I would see?" Greer asserts that healthy habits create momentum and can move people from struggle to success. The author uses martial arts concepts like kime ("the right force, at the right place, at the right time") and maai ("right distance") as strategies for conflict resolution. He promotes being creative, breaking up routines, and imagining possibilities to manifest a better future. Greer's approach is actionable and customizable; readers receive ample opportunities to reflect, brainstorm, and track their progress. Rather than solely focus on areas of improvement, Greer also stumps for positive reflection, prompting readers to list "Five things that are working about [their] life and what [they're] doing to contribute to how well they're working." . . .

A holistic, practical approach to self-improvement . . .

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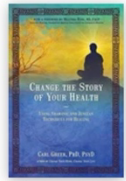
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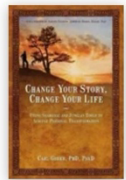
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### CHANGE THE STORY OF YOUR HEALTH

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