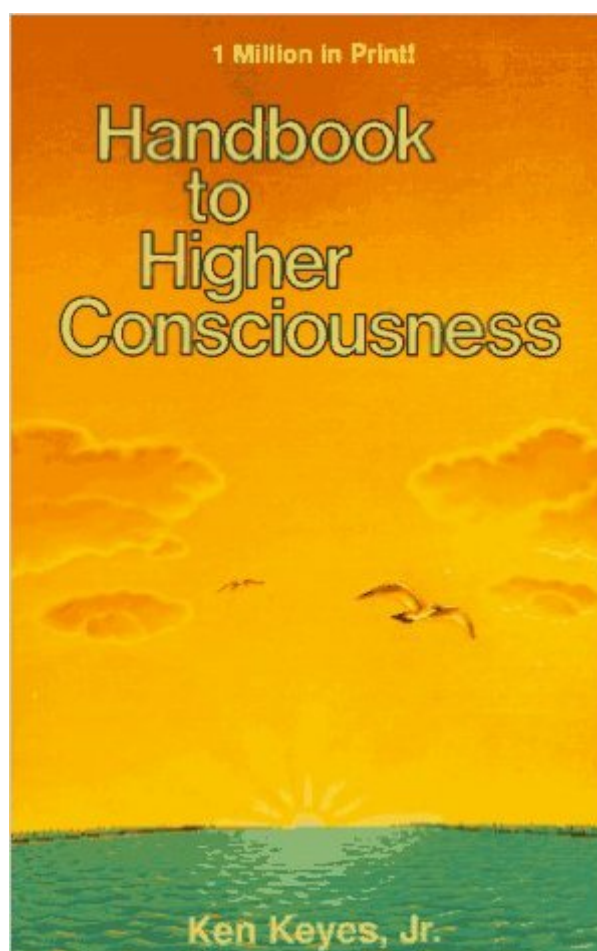


The book was found

Handbook To Higher Consciousness



Synopsis

This perennial bestseller is more popular than ever and has helped countless people experience dramatic changes in their lives from the time they begin applying the simple, effective techniques.

Book Information

Paperback: 215 pages

Publisher: Love Line Books; 5th edition (January 1, 1993)

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Shipping Weight: 0.8 ounces

Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (117 customer reviews)

Best Sellers Rank: #45,818 in Books (See Top 100 in Books) #83 in [Books > Politics & Social Sciences > Philosophy > Consciousness & Thought](#) #802 in [Books > Textbooks > Social Sciences > Psychology](#) #1366 in [Books > Self-Help > Personal Transformation](#)

Customer Reviews

> Today I received a request from a metaphysics student named Mike. He asked if I would share my experience with this book. After I responded to him, it occurred to me to leave an edited copy of what I sent him, at .com. for others who may enjoy hearing from someone who has loved the book for over 2 decades. Dear Mike, > The Handbook To Higher Consciousness by Ken > Keyes needs to be experienced, to be understood > and to be learned. As you probably know, what is > truly learned, is life changing. >> What is learned from "The Handbook To Higher > Conscious" by Ken Keyes stays the same, but > it will reveal continual > "Ah-ha's" as it is experienced through the years. >> I have found that no matter what pathway explored > that everything boils down to what Ken defines > as "Addictions/Demands" and > Preferences". (Demands bring unhappiness, > Preferences bring happiness. What is a demand > for one person, may not be for another.) > The key seems to be to become aware of one's own demands (not other people's) and then to go to work on up-leveling them. Not to become a BETTER person, but to be a HAPPIER person. >> The book and its methods, makes > one increasingly aware, that everyday life > is a school; a school filled with people and circumstances > that makes you aware of what triggers your own > demands, and interferes with your happiness, > and consequently the happiness of others. As Ken says: 1. Everyone and everything, becomes your teacher. 2. Everything is either perfect for your growth or for your pleasure.

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