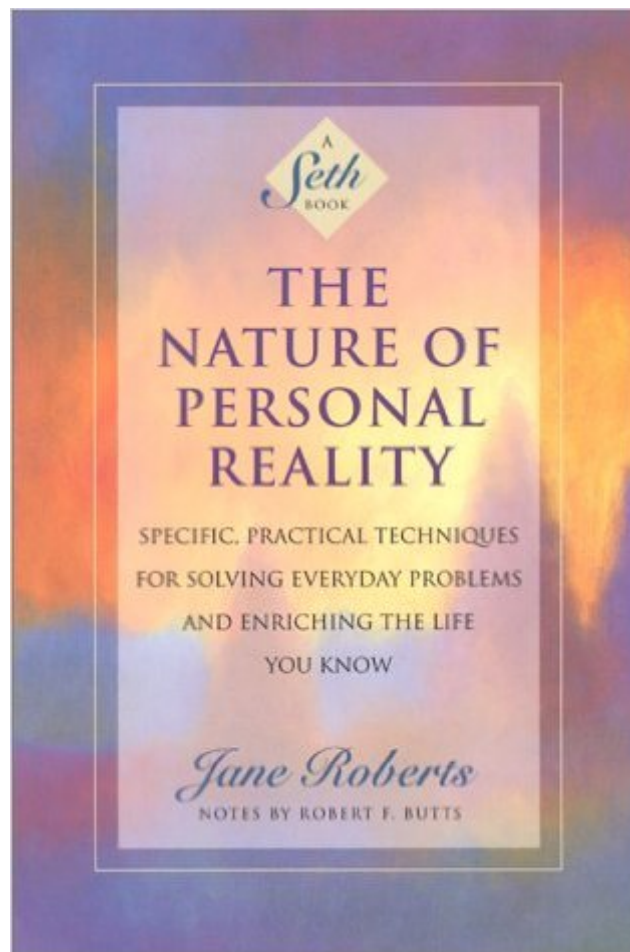


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# The Nature Of Personal Reality: Specific, Practical Techniques For Solving Everyday Problems And Enriching The Life You Know (Jane Roberts)



## Synopsis

In this perennial bestseller, Seth challenges our assumptions about the nature of reality. He explains how the conscious mind directs unconscious activity and has at its command all the powers of the inner self. Included are excellent exercises for applying these theories to any life situation.

## Book Information

Series: Jane Roberts

Paperback: 480 pages

Publisher: Amber-Allen Publ., New World Library; Reprint edition (May 17, 1994)

Language: English

ISBN-10: 1878424068

ISBN-13: 978-1878424068

Product Dimensions: 1.2 x 6.2 x 9.2 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (288 customer reviews)

Best Sellers Rank: #17,274 in Books (See Top 100 in Books) #25 in [Books > Religion & Spirituality > New Age & Spirituality > Channeling](#) #31 in [Books > Religion & Spirituality > New Age & Spirituality > Spiritualism](#) #235 in [Books > Health, Fitness & Dieting > Mental Health > Happiness](#)

## Customer Reviews

This book is, along with "Seth Speaks", and a few of the other "Seth" books, the most important set of books I have ever read. The information comes from a personality known as "Seth", a teacher who was channeled by Jane Roberts. Seth has lived many lives on Earth, and his perspective, as one who once lived here but now "resides" in another dimension, is riveting. I know many people will find it very weird to consider the idea that a "dead" person could channel information, but after reading this book I think you will be convinced. The book is about meta-physics in the truest sense of the world - above physics. Unlike religion, which presents a set of dogmatic beliefs, this book presents non-judgemental information. The approach is "try it; if it makes sense to you, use it." Some of the insights have to do with how we shape our own reality. Seth teaches us that we always have a choice about what is happening in our lives, and provides insights as to why seemingly bad things may be happening. In all cases, these things have to do with something that we have chosen. It's not about karma, or retribution, or atonement. It's more about creating the kind of life you want to have for yourself. Once you realize the mechanics of things and how the universe works, you can

shape your life to better suit you. This is what I mean by meta-physics. This book is almost a "how to guide" of the universe. Once you know what the mechanisms are, you have a much better time understanding how to use them. I don't mean to say that this is simple. The lessons are often complex and difficult to make sense of.

I own 8 copies of this book, 5 of which are hard bound, and probably read it over 30 times straight through as well. Of all the Seth books you can find, this one contains the most information, inspiration and spine-tingling text imaginable. You can literally turn to any random page and learn something amazing within a few minutes of reading. In fact, once you've read it for your first time, you'll almost instantly want to return into the pages for another magical moment, and you'll smile as you spot it occasionally on your bookshelf. I read this book with some serious doubts for the first time when I was 16. At 320 lbs, I was a miserable wreck, looking to food and the loneliness of my room to find meaning in life. I read this book along with some other psychology texts, thinking my understanding of the world would benefit from getting a psych degree in college. But after reading this, and discussing the topics with my mentor at the time, I realized that I was indeed in control of my own destiny. I started on a diet and exercise, determined to lose weight and improve myself. This quest lasted 9 months. I could taste the finish line as I ran five miles every day. Even when it was pouring snow, went back home, put on cleats, then returned to running again. My mother actually made fun of my "wet running suit" I'd wear on days that it rained - yes I was that dedicated. At 170 lbs, I began working out with weights and slowed down the running. Looking much better, feeling so much more confident, I had done the exercises in this book every night and kept a journal. I still have those journals, and occasionally read through them to see just how powerful the inspirational pages are in this awesome book.

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