



## I Dont Want To, I Dont Feel Like It: How Resistance Controls Your Life and What to Do about It

By Cheri Huber

Keep It Simple Books. Paperback. Book Condition: New.

Paperback. 225 pages. Dimensions: 8.3in. x 6.0in. x

0.7in. Employing the tenets of Zen Buddhist awareness practice,

the book provides numerous exercises and self-help tools for

working through problems with resistance, revealing how

resistance operates in everyday life and guiding readers to

consider how they can be free of it. The teachings in this book

show how to recognize resistance in its many forms, not take it

personally, and be free of its control. The platform is that the

voice of resistance thoughts such as 'I'll do it later' is not personal;

everyone has it. Instead, it is the voice of a survival system that

can take people from commitment to inaction in a matter of

seconds. Then, self-hating voices level internal accusations for

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