



# You - A Field Guide, Finding an End to Seeking

*Toni Elizabeth Sar'h Petrinovich*

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# You - A Field Guide, Finding an End to Seeking

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**You - A Field Guide, Finding an End to Seeking** Toni Elizabeth Sar'h Petrinovich

This book is the definitive guide to recognizing when you are aware of yourself as the Being you are and when you are lost within the fear, anxiety and programmed reactions of your ego personality. Taking you from the physical body's response to your everyday experiences to the realms of the subtle and metaphysical, this Field Guide gives you the A, B, C's of what it means to be human.

Merging the mystical with the practical solutions for living in the 21st century, You - A Field Guide leaves no stone unturned in approaching the challenges and divisions you create and nourish through your mind's delight in taking over your life. Tools and exercises to acquaint you with other ways to perceive the world in which you live are included, plus a Glossary of Terms to assist you in understanding this far-ranging text.



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