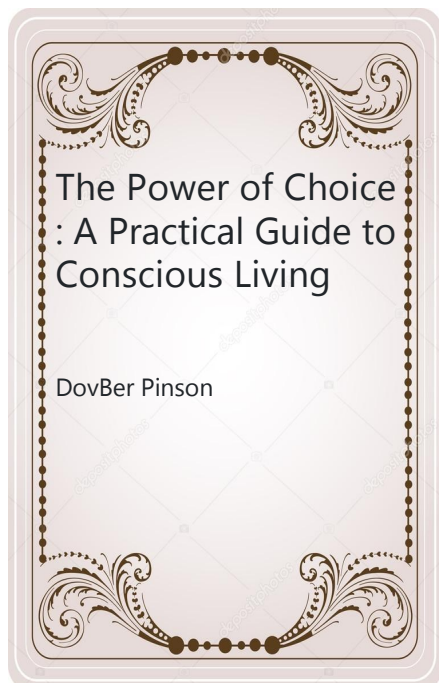


The Power of Choice : A Practical Guide to Conscious Living

DovBer Pinson



The teachings in this book, derived from the very best of Kabbalistic and Torah wisdom, deal primarily with questions we all have about how best to deal with life and its challenges. It is the essential premise of this book that we hold the key to unlock many of the gates that seem closed to us and keep us from living our fullest life. That key we all hold is the power to choose. The power of choice is the primary tool that we have at our disposal to impact the world and effect change within our own lives. We often give up this power to outside forces such as the market, media, politicians or peer pressure or to internal forces that often function beyond our conscious control such as ego, anger, lust, greed or jealousy. The power of choice is our psychological pause or reset button. It is our ability to not just go with the flow if that flow is taking us somewhere we do not want to go. The power of choice gives us the opportunity to plot our own course and to find the flow that moves in that direction. Making conscious, compassionate and creative decisions is the cornerstone of living a mature and meaningful life. So many of us have simply given up our power to choose. This book seeks to return that power to its rightful wielder--you.

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