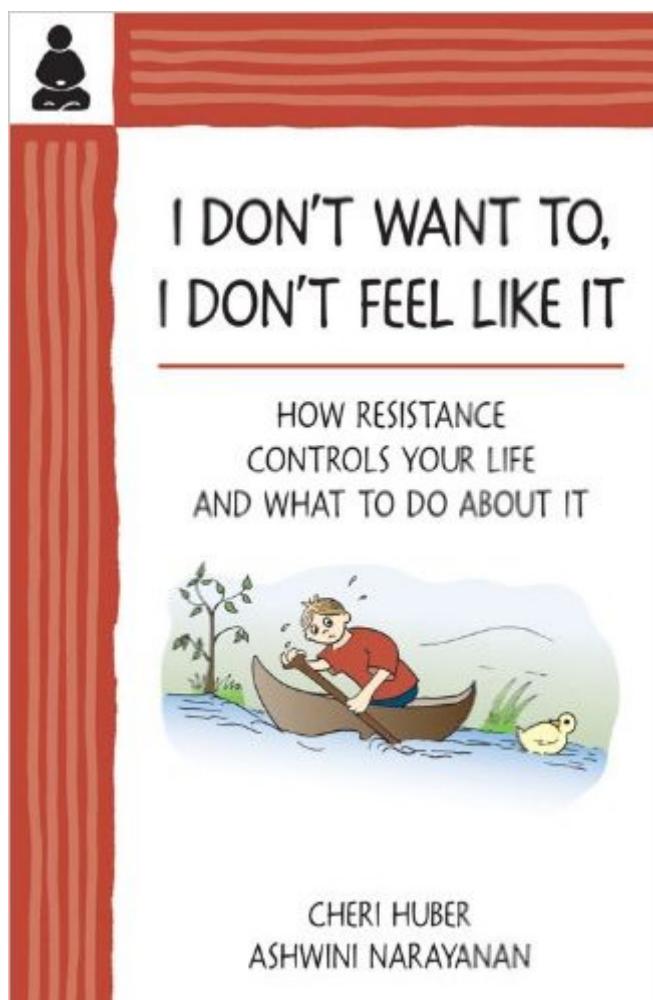


The book was found

I Don't Want To, I Don't Feel Like It: How Resistance Controls Your Life And What To Do About It



Synopsis

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 not having followed through, including thoughts of failure, shame, and lack of self-discipline.

Book Information

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Customer Reviews

I saw this book at the bookstore and it spoke to me immediately in the design, the font, the graphics. My ego is very harsh and demanding. It is a tyrant that believed unquestioningly that I sucked, was lazy, and a failure. I have gotten to a place where I recognize that negative expression of my ego as detrimental to my well being. Where I haven't gotten is how to bring fresh, positive energy into the place where all that bad stuff lived. This book helps me to visualize all the posturing, angry, certainty as energy that can't be simply shut down but must be transformed into a positive, useful force.

I don't usually "feel like" writing reviews, but this book is so wonderful and helpful that I was able to "transcend my resistance" and didn't listen to the voices saying that this is a waste of time. :) If you ever feel like you don't want to do something or procrastinate, get the book! After reading it and

doing the exercises, I've learnt how to direct my attention where I want it to be and it makes all the difference! Thank you, Cheri and Ashwini for this great book!

I am an avid Huber fan. This caps it, nipping resistance at the bud. The price is much better than other places. Hope this becomes a kindle book. Hope all her books are put on kindle. Gives a wonderful understanding of the sequence on how we get in the way of ourselves by just not allowing us to be. Examples based on email exercises reinforces the potency of these exercises. If you're a fan you must buy this book

This book had me pretty intrigued, up until page 136. There it vexingly asserts that your actions can't have any effect on the world, and that any such agency is just an illusion. Here is a quote: "Control is defined as the power to influence or direct behavior or the course of events. The fact is there is no such power." The theme continues on the next page: "...conditional relationships between things only seem to be true in an imaginary world that ego creates. Nothing in life is conditionally related. Everything just is." This is clearly B.S. While it is obvious that a person can never guarantee outcomes, the idea that you can never even influence things is clearly not true. In fact in the very next section of the book, it discusses a Zen student who learns to tend a garden pulling weeds. If a person could not influence the state of a garden, why on earth would you bother pulling weeds? I have no doubt that the authors would say I am misunderstanding, but the language used is clear and plain - it says you have no power to influence events in life. So either the ideas presented are wrong, or they are flat miscommunicating what they were trying to put across. This puts the entire book into question for me. Perhaps there are some weeds in here that need to be pulled.

I have read Cheri's other books and quite enjoyed them. This book seems more difficult to get through, as if the coined phrases used are just not registering in my brain quickly enough. Most of the other books read like a hot knife slicing through butter - very smoothly, evoking imagery and were easy to relate to. I found this book moved sluggishly. If you haven't read her other books, I would recommend getting one of the earlier ones.

Cheri Huber has established a way to see, to question and to set an intention to end suffering. This book expands the work of living from lovingkindness and the practice of compassion.

I have learned so much from this book, and I now experience much less internal resistance. Most people do not realize what a big role resistance plays in life. Everyone should read this book. Very enlightening!

Cheri Huber has done it again! Her lighthearted take on how to get past yourself is refreshing and it is so nice to be able to learn to let go and learn to start liking yourself. Her whole line of books is well worth reading!

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