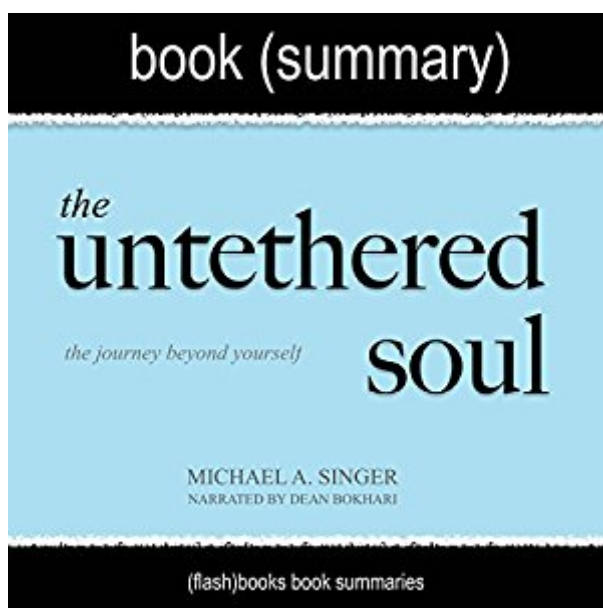


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# Summary Of The Untethered Soul By Michael A. Singer: The Journey Beyond Yourself: Spirituality Book Summaries



## Synopsis

**Book Summary:** The Untethered Soul: The Journey Beyond Yourself by Michael A. Singer Original  
**Book Description** What would it be like to free yourself from limitations and soar beyond your boundaries? What can you do each day to discover inner peace and serenity? The Untethered Soul - now a number one New York Times best seller - offers simple yet profound answers to these questions. Whether this is your first exploration of inner space or you've devoted your life to the inward journey, this book will transform your relationship with yourself and the world around you. You'll discover what you can do to put an end to the habitual thoughts and emotions that limit your consciousness. By tapping in to traditions of meditation and mindfulness, author and spiritual teacher Michael A. Singer shows how the development of consciousness can enable us all to dwell in the present moment and let go of painful thoughts and memories that keep us from achieving happiness and self-realization. This is a book summary and not the original version of The Untethered Soul: The Journey Beyond Yourself by Michael A. Singer.

## Book Information

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I had trouble with the book. I could sense the wisdom but the author's writing style.....I struggled. My issue, not his. The summary helped me beyond the words & illuminated the concepts. Having now discovered the jewels in the book, I could go back to reading. Thank You

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