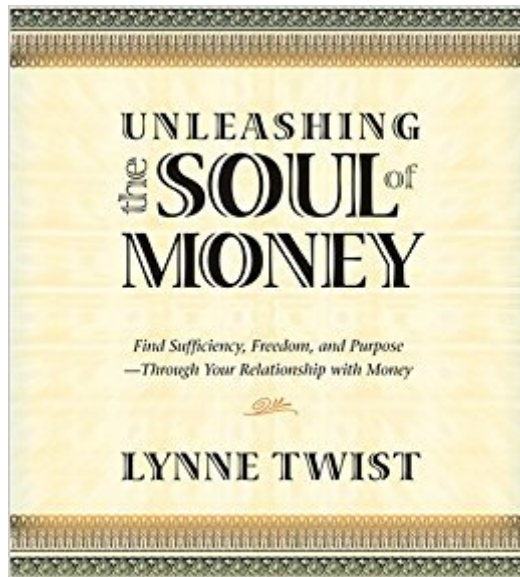


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# Unleashing The Soul Of Money



## Synopsis

Imagine feeling completely at peace about your money—whether you're earning it, spending it, saving it, or using it to help others. On *Unleashing the Soul of Money*, world-renowned fund-raiser and money mentor Lynne Twist shares from her thirty years of global research into happiness and money to reveal a surprising truth: that the size of your paycheck has little to do with fulfillment and everything to do with getting your money aligned with your deepest commitments, values, and desires. In this workshop, listeners uncover the insights about their own relationship with money, and learn how to make the transformation to a life of sufficiency, contentment, and benefit to others in the world.

## Book Information

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## Customer Reviews

Lynne Twist is a global activist, author, and teacher, who has devoted her life to sustainability and economic integrity. An original staff member of The Hunger Project, she is author of *The Soul of Money* (W.W. Norton, 2003) and president and founder of The Soul of Money Institute.

Though many people feel there's never enough money, it doesn't have to be that way, says the author of the 2003 book *THE SOUL OF MONEY*. In a potent audio adaptation, she says the feeling of "not enough" hurts us, whether applied to money, to things, or to the self. From her vantage point as a global humanitarian activist, she says it's mainly popular culture that keeps telling us that more is better and that "not enough" is our fault. We can change this harmful energy by embracing life's possibilities and by adopting the self-acceptance one needs to discover one's true purpose in the

world. This is a potentially life-changing audio for all but the most compulsive accumulators. T.W.  
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I had not heard "Enough" being touted as exquisite or for that matter something for which to strive. We're constantly focused on "ABUNDANCE" - how to "get it", feel it, master it, believe it, go for it, etc. Endless books, tapes, workshops, programs, inspirational teachers et al professing abundance is all around us - it's our birthright and ours for the taking. Manifest it, believe we deserve it, feel it happening and so forth. You know the deal... we've all been "trying" to get there, through visualization, affirmations, spending thousands of dollars, knocking our brains together, beating ourselves up when we still aren't any closer to the whole "abundant concept". I don't want to sound like the billion other hypes that insist their book or CD series or workshop is THE one that will make a difference in your thinking, your relationships, really stand your life on end and change you forever. Yet, I don't want you to pass up this audio CD set or book. Lynne Twist knows what she's talking about with this "enough" business. As she says, abundance is the flip side of scarcity thinking, meaning it's just as negative and we don't need to go there. There is enough on our planet (whether you believe it or not) for each one of us to live a healthy, productive and happy life. Enough is a belief in ourselves, it's a simpler way to live, to focus on what we actually have in our lives and appreciate it, instead of flying past enough, not even seeing it, trying to get more, more and still more. The great scarcity myths: "there isn't enough", "more is better" and "that's just the way it is." She captured my attention with her first few words... and when she said the fastest growing industry in our country is "storage units" - that we're building whole enclaves of storage facilities (to house the overflow of our "stuff") - instead of building homes for our millions of homeless citizens, she won my heart! I coach homeless people and I know how important it is for them to feel a part of our world, to be included. The image of storage units populating our country made me sick to my stomach. I cannot do justice to the depth and content of Ms Twist's work, I can, however, attest to its authenticity and power already working in my life, after playing the CDs twice and recommending them to friends and clients. I am feeling better about what I have, letting go of the never-ending struggle for more and realizing we are all hooked in the societal messages that we see and hear each day about more being better. Whether it's more square-footage in your home, more sweaters, more food, more cars, more sex, more girlfriends, more money... we're all doing it. I have not seen Lynne Twist in person, one of my coaching colleagues recommended her teachings after seeing her at the International Coach Federation annual conference. He suggested the audio CDs over her book, because as he said, her energy comes through so clearly. He is right - her voice

is powerful, yet gentle and her message is heartfelt and absolutely what our global climate needs right now. There is a guided meditation and a few exercises, in addition to suggestions for purging some of our unnecessary stuff, all of which are dynamic and extremely effective. I am doing the forgiveness exercise and have been using it with some of my clients and inmates I mentor in jail. Please buy this CD set and share your thoughts and experience with me. Lynne Twist is making a HUGE impact, globally by ending world hunger and changing our thinking about money. Pie Dumas - Author & Life Coach

I like Lynne Twist and what she stands for. She helps normalize how I feel in modern society while giving helpful tips and guided meditations to break it down and make it a personal experience. I bought the audio to listen to while driving in my car, but since a large portion of it is a meditation, it's better to listen to while commuting on a train or sitting in silence.

Not too bad. good points but very repetitive although I realize repetition is the mother of skill. really did not care for the meditation at all...

This is a call to embrace sufficiency and a new word that I've added to my life's vocabulary, "Enoughness!" I've listened to this audio CD twice now, and embracing sufficiency in all aspects of my life has given me the experience of expansion, and really, that there is enough for me, and for everybody! At the end of the CD, Lynn offers practical exercises that I've taken on - that reinforces the experience of sufficiency and enoughness. I highly recommend this audio CD. If you're experiencing the illusion of lack in your life, I invite you to listen to this conversation. It resonates, it touches the heart, and it aligns us to our natural state of sufficiency.

I was skeptical, but my financial coach recommended it. This recording offers a paradigm shift that has allowed me to both transform my conversation and relationship to money and get new results. I have gone from focusing on producing a few thousand dollars a month to cover my bare essentials to 10's of thousands to run a full fledged business. It is worth every penny.

If you have EVER felt scarcity of money (or time or anything else in your life), this one's for you. Listening to Lynne Twist talk about money is like a warm cup of tea and a good night's sleep where you awaken refreshed and renewed. In a world that bombards us with messages about "more, different, or better," the welcome good news is that our sense of "enough" resides in the wealth of

our relationships, the quality of our interactions with others, our sense of possibility--not in the balance in our check book. If we direct our resources towards those things that align with our deepest values and real priorities, we experience satisfaction, meaning, fulfillment. If we use our resources compulsively, leaking them away in "more, different, better," we experience frustration, resentment, boredom, meaninglessness. Remember your first car? How thrilling it was? How empowered you felt? Lynne reminds us to savor what we DO have and to focus our resources on what really matters, instead of getting more and more (with less and less satisfaction) of what we don't really need. Lynne Twist manages all this with a light touch, a gentle sense of humor and compassion for the cultural soup in which we swim and are surrounded. Don't miss this courageous conversation that returns us to our natural strength and dignity as human beings (instead of "consumers").

Excellent. Her work pinpoints areas that have niggled at our consciousness, and clarifies the values in a way that gives us choice. Mind and heart opener.

Beautiful book with lots of useful anecdotes and ideas. it is a fresh new way at looking at the significance of money. I liked when she said that money is like water.

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