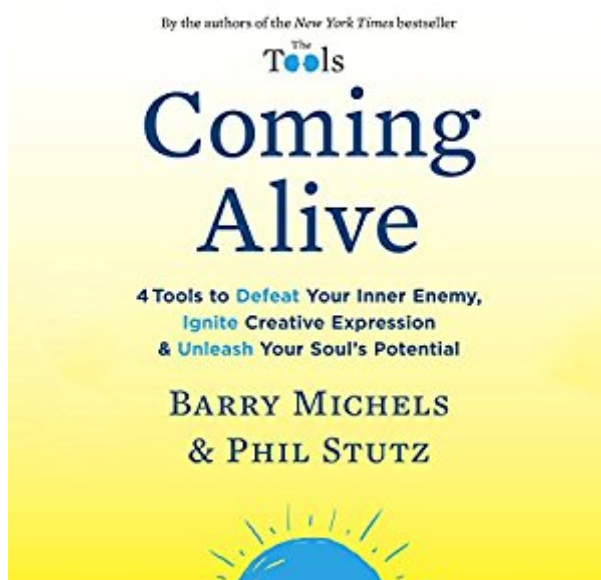


The book was found

Coming Alive: 4 Tools To Defeat Your Inner Enemy, Ignite Creative Expression & Unleash Your Soul's Potential



Synopsis

The transformative new book by the authors of the New York Times best-seller *The Tools* (and the resident shrink on *Goop*) reveals how to deepen your emotional and spiritual experience and realize your full potential. In *The Tools*, Barry Michels and Phil Stutz revolutionized the world of personal growth and self-actualization by offering doable, dynamic actions that transformed challenges into opportunities for change. Now, in *Coming Alive*, they provide four vital tools for tapping in to the Life Force that resides within each of us - a wellspring of positive energy that is the source of creativity, renewal, confidence, and engagement. The first step in gaining mastery over one's life is identifying the enemy within, which Michels and Stutz have named Part X. This formidable adversary is a shape-shifter - it may be the voice in your head that is a torrent of negativity, persuading you of the futility of finding love, starting a business, or pursuing a creative passion; it may sap you of energy, convincing you that your inner resources are limited; it may take the form of outside forces that conspire against you. In whatever guise it appears, Part X aims to derail your progress, keep you small and stuck, and defeat hope. The tools in *Coming Alive* help you connect to the Life Force and harness the energy and will to combat Part X. These are tools of ascendance - they activate your aspirational self; they spark creativity and resilience; they help you to transcend the mire of negative thoughts and circumstances and align with a powerful ally that unites us in our common desire to live lives of meaning and engagement. Drawing insights from their decades of psychotherapeutic practice, their lived experience, and their moving and generous understanding of our interconnectedness, Michels and Stutz have created a paradigm-shifting guide to achieving optimal mental health and spiritual well-being.

Book Information

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Customer Reviews

First, I want to be very clear. I am extremely biased. I loved *The Tools*. It's at least tied for first for my favorite book ever. I bought copies of that book for countless people. Since then, I have worked 1-on-1 with Phil and have experienced profound changes in my life. So, I've been eagerly awaiting this book. And, I loved it. If you're interested in (as the title and sub-title suggest) coming alive by defeating your inner enemy to unleash your soul's potential, I think you'll love the book as well. But, and I smile as I type this, note that "defeating your inner enemy" is not an easy path. And, Barry and Phil make no attempts to pretend otherwise. It's HARD WORK to actualize our potential. (I'm reminded of Epictetus who told his students that "the lecture-room of the philosopher is a hospital; students ought not to walk out of it in pleasure, but in pain.") The good news is that Barry and Phil have been in the trenches (for over 70 years between the two of them) working with people to help them win their inner battles. In this book, they present four new Tools to go along with the five foundational Tools they cover in their first book. Each Tool deals with a different facet of how "Part X" (their name for the part of us that's constantly at war with us) tries to cut off our Life Force. If you're up for the wonderfully confronting and equally energizing opportunity to meet Part X head on, I think you'll love the book as much as I did. I highly recommend it and *The Tools*.

I had mixed experiences with this book. I found the initial chapters to be interesting, and I found the concept of Part X (the part of us that sabotages us and drags us down) to be compelling. The authors, Barry Michels and Phil Stutz, offer a series of four main visualizations plus a few additional ones to help us deal with those negative tendencies. I am a longtime fan of guided imagery and self-hypnosis, so these appealed to me. I found the first two the most powerful, but didn't take to the other two right away, though I know that these things sometimes take hold after a bit of practice. I also wasn't too fond of the idea that Part X "wants" to destroy us; that felt a little like religious concepts of the devil that I'd just as soon stay away from. Also, the idea that a small number of visualizations can treat so many issues seemed odd to me; my experience has been that one needs to rotate and change these exercises because they can become a bit stale if overused. Still, I

appreciate that underlying much of the authors' ideas is a fair amount of good common sense, and I enjoyed reading the book, and will give the exercises more time, perhaps changing words here and there to make them speak more directly to my needs. (As I recall, this was encouraged by the authors.) Recommended to those who like self-help books and are willing to give this some time and practice.

If you have been to NYC this summer, you know that one of the worst experiences is being stuck on a train. Not only are you stuck, but, the people you are trusting to get things moving seem inept, slow, angry and ill-equipped to handle the challenge. And you feel you can't do anything about it. Which makes you feel even more angry and stuck. This book is for people who feel stuck on a subway with no one to get you out of it and moving again. Full disclosure: I am just an ordinary person living in the Bronx. My only claim to fame is that I have met the authors and have had the distinct privilege of learning directly from them in their workshops. I credit the work of Phil and Barry with saving me from utter despair and making me feel excited about living my life fully -- even in the midst of the bleakness and chaos that often surrounds me. So, yes, I am a little biased. I have enormous love and respect for Barry and Phil. But, this review is not for them. I write this review for you - the person who can relate to the feeling I have described here and is searching for the answers to: what do I do when [this] happens??!!!!, the person searching for steps to take in the face of daily living and the pain it often brings. Give yourself a chance to receive these teachings. Coming Alive is a continuation of their labor of love The Tools. I recommend both. In these works, you will be taught hands-on, quick exercises that provide almost immediate relief in those moments that shake you to your core or simply feel mundane. It is my personal experience that all of the Tools, when used consistently will benefit you in ways that will thrill you. As Barry and Phil say, test it out for yourself. See you on the subway.....

Simply one of the best self-help books I've ever read. It will be on top of the stack I keep on my nightstand, and I will be giving copies to all my friends as this year's holiday gift. I loved the first book, The Tools, and implement the techniques I learned there every day. But this book, I don't know, it spoke to me on such a deep level. Particularly "The Mother" tool. I've been feeling increasingly crushed and hopeless lately--(feelings instigated by current world events along with personal issues like the recent death of my beloved father) and this tool lifted me up. It gave(gives) me a feeling of hopefulness and possibility. It reminded me that I'm in charge of my mood. Outside events will of course affect me, but ultimately it is my responsibility to pull myself up so I can once

again be contributive in the world. The thing that sets both The Tools, and Coming Alive, apart from most other self-help books, is that they don't just present concepts, but give you techniques you can put into action. You can do a Tool in a few seconds, in-the-moment, and feel it. Life-changing stuff. I highly recommend.

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