

[PDF] The Thought Exchange: Overcoming Our Resistance To Living A Sensational Life

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Description:

Review "This is the only self-help book you need to read." - Kathie Lee Gifford, Today Show.

"Practicing David Friedman's THOUGHT EXCHANGE ideas has been the most fundamentally life-changing, positive experience I've ever had." - Lucie Arnaz

From the Author Welcome to The Thought Exchange®. I'm glad you decided to visit.

Whether you're here because you have some life issue or challenge that you're trying to resolve; because you've found that "positive thinking" or other spiritual principles haven't seemed to "work" for you; or simply because you want to expand your spiritual growth, you've come to the right place.

Thought Exchange® is a simple yet profound way of looking at the world, that allows us to understand and experience the truth about who we really are, where we really live, what we really want, and how to have that all the time.

So much of popular New Thought culture focuses on Manifesting. It's gotten to the point where many people think that the purpose of spirituality is to be able to get the "stuff" you want, to control the outcomes of your life, and be successful. The implication is that this "stuff" will make you happy, and that the point of life is to get it.

Do you really think that it's "stuff" and outcomes that are the point of life? Do you really want to live a life where your "happiness" depends on whether or not you get a specific job, on how much money you make, on whether or not some particular man or woman decides to go out with you or live with you?

And furthermore, do you really want to live a life where when you actually get those things, you discover that there's no guarantee at all that they will even make you happy.

In Thought Exchange, we look at Manifestation as a useful tool, a mirror in which to see how you're doing in the only place that matters at all. Inside. In your thoughts. In your physical sensations. And ultimately, in your consciousness.

When you apply Thought Exchange® principles, a side-effect of them is that you will see the things you desire manifest. They have to, because they're just reflections of your inner thoughts. But the Manifestation will not be the point. The point will be that what you manifest will simply be a symbol of the sense of peace that you carry inside, that cannot be lost, no matter what events occur.

And isn't that what you REALLY want?

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