

Bruce Di Marsico *Presents* . . .

The Option Method

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Bruce M. Di Marsico

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Bruce Di Marsico Presents The Option Method:

The Option Method Bruce Di Marsico, 2010-12 The Option Method The Myth of Unhappiness Vol 2 is the second of a three volume set subtitled The Collected Works of Bruce Di Marsico on The Option Method and Attitude Following the introductory Volume 1 Volume 2 delves deeper into the nature of happiness and unhappiness in nine parts Feelings Beliefs and Desires Emotions What Moves Us Motivation Wanting Doing and Knowing Relationships Believing Yourself Forms of Unhappiness and Arguments Against Happiness The book focuses on more intermediate Option Method concepts in 118 chapters such as Believing as a Biological Reality Wanting to be Unhappy to the Right Degree Beliefs are Known as the Truth and Pain and Unhappiness The work continues to shine the light on the words of this remarkable man who tells us Happiness is not hiding nor is it elusive it is the most present most obvious reality A powerful tool for happiness The Option Method is based on the premise that happiness is our natural state and all unhappiness is based on the belief that we have to be unhappy A precursor to new age personal growth and development tools today The Option Method is practiced the world over Bruce Di Marsico 1942 1995 left behind a rich legacy of his voluminous writings on the nature of happiness and unhappiness and his blueprint for achieving happiness through The Option Method Until now these writings were not widely available Lovingly compiled by Di Marsico's widow Deborah Mendel with edits and commentary by Aryeh Nielsen Option Method scholar Foreword by Frank Mosca author Joywords and contributions by Wendy Dolber author The Guru Next Door A Teacher's Legacy veteran teachers trained by Di Marsico

Joywords Frank Mosca, 2000-12-14 Joywords is an introduction to the Option Method that utilizes both a step by step conceptual framework and actual edited dialogues with nine people who profited from this educational experience You will find issues of panic attacks sexual abuse marital discord failing health loss of direction in life breaking free from the constraints of the opinions of others fear of death guilt and the legacy of the Holocaust all addressed by individuals who came to burst the bonds of the assumptions that stood between them and a fuller and ongoing embrace of their here and now happiness and joy Here is an elegant deceptively simple but enormously powerful tool that can lift you beyond the suppositions of Old Age or New Age approaches and truly set you on a course of liberation from the many forms of unhappiness that plague our every day lives You become the expert on you using this dialogue questioning method There are no limits to how happy you can become with this method except the one's that you presently hold to be true This work invites to come to the fullest realization of your potential to live your life in joy

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