



# The Mind of the Soul: Responsible Choice

*Gary Zukav, Linda Francis*

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"This book can dramatically change your life by showing you how to take responsibility for the choices you make and break free from the illusion that you are a victim of your circumstances." So begins one of the most significant works you will ever encounter.

People make hundreds of choices every day -- both large and small -- yet most individuals feel they have little control over their own lives. Now Gary Zukav, author of the monumental bestseller *The Seat of the Soul*, joins his spiritual partner, Linda Francis, in a revolutionary look at the power of choice and how to use it wisely. They explain how changing our decision-making can help us avoid self-defeating patterns of thought and action -- and help us take control of our lives by creating authentic, positive power.

*The Mind of the Soul* describes how each moment in life is a moment of decision: whether to persist in the old, limited patterns of life or to choose instead to experiment with the unbounded, liberating potential ahead of us. Using the same pragmatic terms that made *The Heart of the Soul* so meaningful, Zukav and Francis allow readers to develop, step by step, the ability to break free of unconscious choices that hold them back and limit their fulfillment in life.

Whether your choices are large ones -- concerning work, marriage, parenting, or divorce -- or smaller day-to-day choices, such as shouting or showing annoyance when you are angry, they carry consequences for which you must assume responsibility. You will discover that in any situation one choice among the many that present themselves to you is the optimal choice -- to create harmony, cooperation, sharing, or reverence for Life. When you make this choice, you gain the freedom to experiment with your life, see what does or does not work for you, learn to change yourself instead of blaming others, open your heart, and develop authentic power.

*The Mind of the Soul* is a book to be used, not merely read. It is packed with specific, practical exercises, diagrams, and meaningful illustrations that make you a participant in the process of responsible choice. To accompany this book, the authors have created a special *Self-Empowerment Journal* with additional material to help you focus your thoughts and emotions as you read and to invite you to record your insights after each exercise. The discoveries you make in both the book and the Journal will become a permanent part of your life long after you have turned the last page.

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