



## Not All It s Cracked Up to Be: A Conversation about Non-Duality (Paperback)

By Joey Lott, Lecturer in the Department of Mathematics Graham Ellis

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Be your authentic self, without pretense, without conditions, and without pressure Everybody says that, right? And everybody usually responds, Well, that s easier said than done. So, if you ve been struggling to just be your authentic self but aren t sure how to get there, don t despair. There is in fact a way to just do that and it s simpler than you think. Your life doesn t have to be as complicated as you think it is. An American and Englishman walk into a bar. Well, actually, not in this case. But they do indeed have several conversations. Joey Lott (the American) and Graham Ellis (the Brit) discovered each other s previous books on and discovered they had a lot in common. They got together to write this book and discuss ways of simplifying your life. The duo has reached their understanding of the world around them having had some serious struggles. Lott grappled with eating disorders and Lyme disease and Ellis had to deal with Crohn s disease, anxiety and suicidal tendencies. Ultimately, though, they both...



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