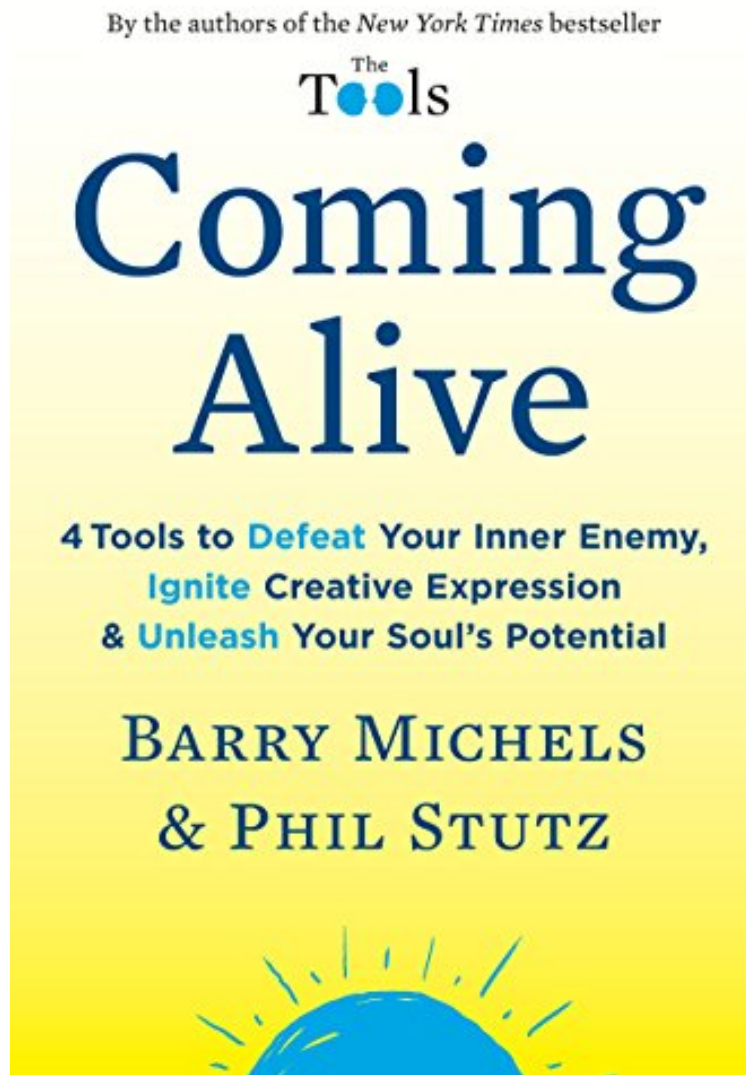


[Download] Coming Alive: 4 Tools to Defeat Your Inner Enemy, Ignite Creative Expression Unleash Your Soul's Potential

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Barry Michels, Phil Stutz
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Barry Michels, Phil Stutz : Coming Alive: 4 Tools to Defeat Your Inner Enemy, Ignite Creative Expression Unleash Your Soul's Potential before purchasing it in order to gauge whether or not it would be worth my time, and all praised Coming Alive: 4 Tools to Defeat Your Inner Enemy, Ignite Creative Expression Unleash Your Soul's Potential:

28 of 29 people found the following review helpful. Your infinite potential, what's getting in the way and how to

defeat it. By Brian Johnson 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*. 0 of 0 people found the following review helpful. One of the most useful self-help books I have read to date. By Amy Have already noticed a shift in my perspective and improvement in my life. One of the most useful self-help books I have read to date. 12 of 12 people found the following review helpful. Some good ideas; needs practice. By A reader 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.

The transformative new book by the authors of the New York Times bestseller *The Tools* (and the resident shrinks 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 into 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. Advance praise for *Coming Alive* "There is something indescribably beautiful about living life in integrity. The tools Barry and Phil teach in *Coming Alive* gave me the courage and clarity to align myself with the truth—no matter how hard or painful it seemed at the time." —Gwyneth Paltrow "What a gift! A riveting exploration of four (bone-chillingly relatable) modern ailments and their thrillingly practical solutions . . . Singular in its approach and deeply spiritual in its concerns, *Coming Alive* is a book I'll be pressing on to friends and foes alike." —Maria Semple, author of *Where'd You Go, Bernadette* and *Today Will Be Different* "Practical" and "effective" are words psychology has always been afraid to embrace. But after working with Barry and Phil for years, I can tell you that they deliver spiritual and psychological transformation. The results, at least for me, have been life changing." —Adam McKay, Academy Award-winning writer, director, and producer "When I was going through the most difficult years of my life, I was able to use this method to find my strength. We all have the ability to save ourselves, yet we need guidance when we are lost. In *Coming Alive* you can find the

road map to enlightenment.”—Drew Barrymore
“Part X is another way of describing the addict mind, the obsessive mind, the Jungian shadow, or any fear- or anger-based thought or action. It’s been Phil and Barry’s collective life work to deconstruct Part X and explain it to the rest of us mortals so that we can work with it and not be a slave to it.”—Hank Azaria

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About the Author
PHIL STUTZ graduated Phi Beta Kappa from City College in New York and received his MD from New York University. He worked as a prison psychiatrist on Rikers Island and then in private practice in New York before moving his practice to Los Angeles in 1982. BARRY MICHELS has a BA from Harvard, a law degree from UC Berkeley, and an MSW from USC. He has been in private practice as a psychotherapist since 1980.