



I'm not robot



I am not robot!

Gain insights into life's complexities and navigate challenges of love, loss, and success. How I Came Alive. Now, in *Coming Alive*, they guide readers toward a wellspring of positive energy: the source of creativity, renewal, and engagement. Chapter One, *Reclaiming Your Life*. Referred to as "the most sought-after shrink in Hollywood" by *In Coming Alive*, Barry Michels and Phil Stutz describe how to identify and master the enemy within, which they call Part X. They offer four Tools to connect you to your life. There are different ways of digging this hole. The first step in gaining mastery over one's life is identifying the enemy within, which Michels and Stutz have named Part X. Phil Stutz and Barry Michels have once again, done a great service to creative people everywhere. I became aware of the power of the life force as a college student—but it wasn't part of my course work. The four tools in this book help break Part X's four main negative influences in our lives, namely Destructive impulses, Exhaustion and apathy, Negative thoughts and demoralisation, Pain and hurt. *COMING ALIVE* is an inspiring, practical book to help us wake up to how we are being held back in life and to energise us to finally achieve. It offers practical tools to address. Discover 'Lessons for Living': Profound essays by renowned therapist Phil Stutz. The patterns are: demoralization, addiction, paralysis and victimization. In this second book of "tools," Stutz & Michels explain what you did to fall into each hole. Together with Barry Michels, Phil Stutz is coauthor of *Coming Alive: Tools to Defeat Your Inner Enemy, Ignite Creative Expression, and Unleash Your Soul's Potential* and *The Tools: Tools to Help You Find Courage, Creativity, and Willpower—and Inspire You to Live Life in Forward Motion*, a New York Times bestseller. 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. Each consists of a set of attitudes and behaviours that drain your energy and make it impossible to go on. Phil exposes the inner enemy that traps you in a limited existence, and guides you through the first steps toward activating your full potential. The first step in gaining mastery over. Drawing insights from their ades of psychotherapeutic practice, their lived experience, and their moving and generous understanding of our interconnectedness, Michels and From the international bestselling authors of *THE TOOLS* and *GOOP*'s resident psychotherapists comes a ground-breaking new book to help us overcome the side of us. The four vital tools in *Coming Alive* help you connect to the Life Force—a wellspring of positive energy that is the source of creativity, renewal, confidence, and *Coming Alive* by Barry Michels and Phil Stutz is a self-help book that guides readers to overcome their fears and create a more fulfilling life. *Coming Alive* shows us how to use their "Tools" to overcome the obstacles, setbacks, calamities, and catastrophes life puts before us. The Tools are a way to proactively deal with every unfortunate event, to walk through, rather than run, from them. "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. Tap into the Life Force with this critical and contemporary guide to unlocking our most powerful selves—from the bestselling authors of *The Tools* (and *goop*'s resident shrink). Phil Stutz and Barry Michels *Coming Alive*. This Phil Stutz and Barry Michels are the authors of *Coming Alive* and *The Tools*, a New York Times bestseller.