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Make Light Work: 10 Tools for Inner Knowing

By Kate R. Sutherland

Incite Press. Paperback. Condition: New. 108 pages. Dimensions: 7.8in. x 5.2in. x 0.4in. **Make Light Work** This gem of a book introduces simple ways to find your own answers. It includes ten tools for doing inner work. The tools are a kind of internal GPS that helps you navigate through life. Are you sometimes overwhelmed by whats on your plate Do you struggle with making decisions or setting priorities Do you feel your life is somehow off track In 1990, author Kate Sutherland was burnt out, bruised and confused. A book from a friend inspired her to visit the Findhorn Foundation in northern Scotland where she learned about inner work: ways of working based in intuition, perception, intention and consciousness. For over 20 years, inner work has enriched and transformed Kates life, from her successful consulting practice and 18-year marriage, to her ongoing sense of meaning and purpose. Inner work tools help with little things too, like: How to deal with the person who drives you crazy What food options are best for you or your family Even how to navigate home when an accident snarls traffic The book introduces each tool through a brief personal story, a step by step...

Reviews

It is just one of my personal favorite book. I was able to comprehend every little thing out of this published e publication. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Isaac Olson**

Simply no phrases to explain. It is definitely simplistic but shocks from the fifty percent from the pdf. You may like the way the blogger write this ebook.

-- **Antonetta Tremblay**