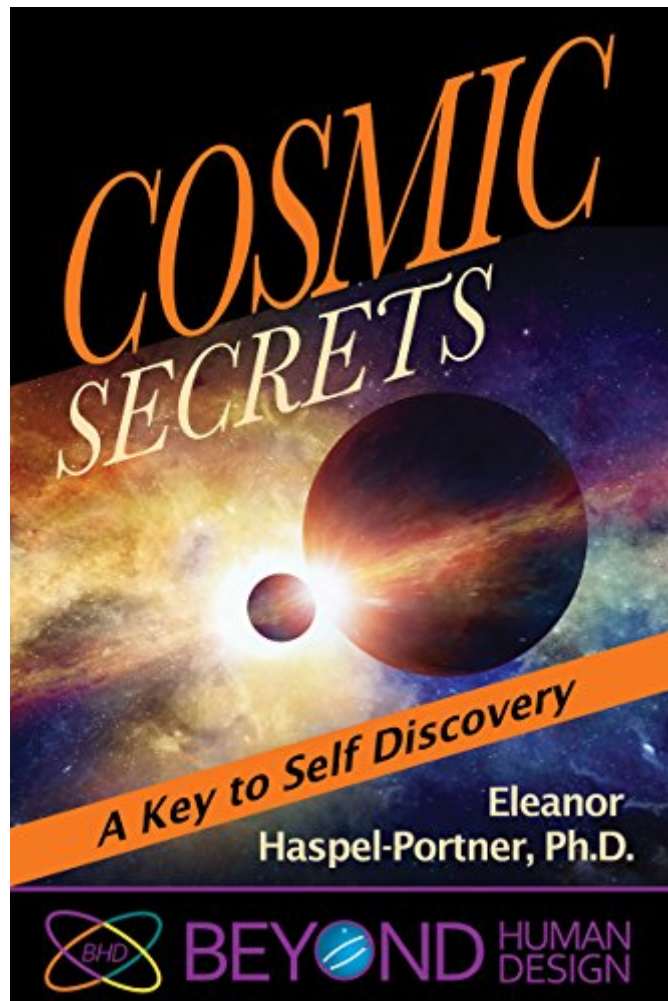


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Cosmic Secrets: A Key To Self Discovery (Beyond Human Design Book 1)



Synopsis

Consciousness is a state of being that we often take for granted. But true consciousnessâ ”and all the multidimensionality that comes with itâ ”is the key to unlocking a deeper and more meaningful relationship with our own personalities. Here to guide the way is author Eleanor Haspel-Portner, PhD, whose groundbreaking studyâ ”encompassed for the first time in Cosmic Secretsâ ”is the only scientifically documented work on the Human Design System. Discover the system's basics, its theoretical groundwork, and how to apply that knowledge to its five different personality types. Once you discover which type you are, you'll learn concrete ways to optimize your personality and live your most authentic and successful life. Sharing her own personal journey of discovery, Haspel-Portner helps readers develop a more profound understanding of their personalities and how the endless facets of consciousness affect them daily. A stunning blend that encompasses the study of chakras, astrology, Human Design, the tree of life, developmental psychology, and I Ching, Cosmic Secrets urges you to go beyond basic psychology and dig into the true nature of self-growth.

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Customer Reviews

Dr. Eleanor shows how important it is to use a multidimensional perspective in exploring oneself. She goes beyond Human Design work to show how an individual functions energetically in daily life. She explains the way knowledge in different disciplines comes together help us gain self-awareness. This book takes complex concepts and presents them in easy to read and understand ways that are exciting because they help explain decision making and suggest tools to improve daily life.

This book covers so much in so little time! It integrates modern psychology with ancient wisdom to help you understand yourself and your world. Then it tells you how you can apply these insights to improve your daily life. You need to read this book!

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