

Tools for self-discovery

Journaling. Julia Cameron’s daily journaling process and ideas are a model for how to use a notebook to wake up your dormant selves as well as your creativity. Julia Cameron, *The Artist’s Way, A Spiritual Path to Higher Creativity* (New York: Tarcher/Putnam, 1992).

Feeling stuck? Byron Katie, *Loving What Is: Four Questions that Can Change Your Life* (New York: Three Rivers Press, 2002). She describes her powerful questioning process in detail, with lots of examples from her work with real people with real problems. If you’re feeling stuck, especially in relationships, I suggest you watch some of her many free YouTube videos (<https://www.youtube.com/user/TheWorkofBK>). Her website, <https://thework.com/> offers free downloads of her worksheets and instructions.

Landmark. In 1970 Werner Erhard created the hugely popular and widely imitated human potential training program known as *est*, aka Erhard Seminars Training, in San Francisco. The word *est* is actually Latin for *it is*, because the goal of this very Zen program was to wake you up to the reality of the present moment—*it is what it is*. Once you acknowledge *what is*, you have a choice in how to respond. This recognition unleashes a profound life-changing shift in perspective and what’s possible. My original Thin Within workshop program was an extension of this, applied to weight “problems.” The result was/is a lasting shift—a transformation—in your relationship to food, your weight and your body. Today, a kinder gentler version of *est*, the [Landmark Forum](#), still trains thousands of people a year around the world. I heartily recommend it.

Therapy? Lori Gottlieb, *Maybe You Should Talk to Someone*. (New York: Houghton Mifflin Harcourt, 2019)—a therapist describes being a therapist and being the client of a therapist. Very insightful about the process of change.