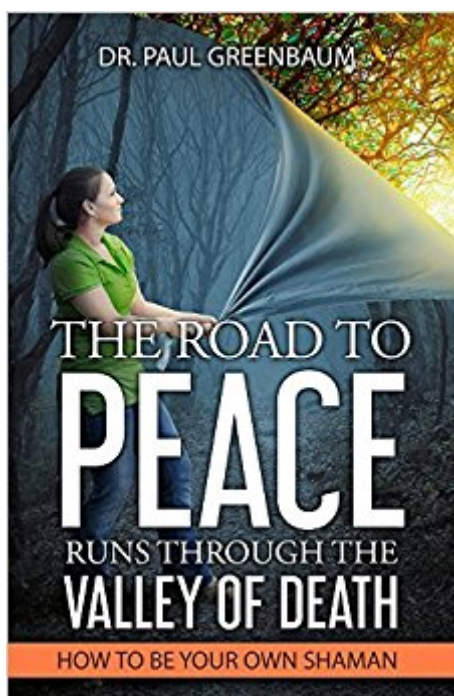


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# The Road To Peace Runs Through The Valley Of Death: How To Be Your Own Shaman



## Synopsis

How to find peace and bliss within yourself. The method entails using awareness to separate the real from the false self, and surrendering the false. It leads to experiencing the oneness of life, an awakening to reality. After surrender and becoming one with life, your life will never be the same.

## Book Information

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## Customer Reviews

"What do you want? Go to the best life coaches in the world and that's probably the first question they'll ask. The answer most people give is some version of being happy, thin, adored, healthy, or wealthy. But if you could fast-forward to your deathbed, would you have the same desires-and even if you attained them, would you be satisfied?" "When you're at death's door, having the perfect figure or the perfect bank account amounts to zero. And if the entire world adored you, would you even believe it? Might there be anything else you would've liked to do with your life?" "If fulfillment comes from riches, what happens if they're taken away? If happiness is dependent on someone's loving us, what happens when it changes? If we are pleased because we are young, beautiful, and healthy, what happens when those conditions pass? If happiness comes from being held up as special, what will happen when we lose favor?" "You see that your own mind creates your suffering and that you don't need to create conflict unless you choose to do so. You stop fighting with others, yourself, and life itself." "Being clear, however, is not an outer phenomenon but an inner one. Inner knots are untied and the energy field becomes unobstructed." "The process of untangling is rarely smooth and has the potential to severely unbalance one undergoing the transformation. It's the basis of the spiritual struggle." "With the mind as boss, you're in a perverted relationship with life, as

if the court jester ruled the kingdom." "You stop taking yourself so seriously, which probably results in the greatest possible boon to getting along with others and successful intimate relationships." "Many come to see me in a state of turmoil and they don't know why. Frequently, I find they are entering into the fire of transformation. I tell them they may have earned it. Perhaps on the deepest level, they've even asked for it." "The most alive times-always-are when you take the risk to crack your boundaries." "The most horrific and frightening things you will ever face are within your own mind." "To find peace and inner freedom, you must be willing to go inside and ride out the storm, examine the distortion that's tying you up in knots, and embrace your darkest demons."

Paul Greenbaum was born in Queens New York. He was an anxious, hyperactive child that didn't feel right in himself. This led to a lifelong quest to find inner peace--albeit unconsciously. He started at a relatively young age with martial arts, yoga, and meditation, and eventually became a chiropractor, acupuncturist, and massage therapist. Paul has travelled the world to study with various doctors and healers. His writing reflects his long time search for true health, which is inner peace. His first book *Dobie The Canine Saint* won a runner up in Indie Excellence 2008.

Paul Greenbaum's words: WHEN A PERSON AWAKENS, THAT MOMENT IS SAID TO HAVE AN UPLIFTING EFFECT ON ALL OF LIFE. THE CONSCIOUSNESS OF THE WHOLE IS RAISED. THE EXTERNAL WAY TO EASE SUFFERING IS BY HELPING AND SERVING OTHERS. SINCE LIFE IS ONE SOUL, IT REALLY DOESN'T MATTER HOW ONE SERVES. BUT THERE'S ONE NECESSARY ELEMENT: AWARENESS. YOU HAVE TO BE PRESENT TO HELP ANYONE. The honesty of this book is the teacher. Paul Greenbaum's own awareness and presence serves as the model. Dr. Greenbaum has taught me a depth of reality and spirit that I had not reached yet, because he walked the walk of facing life outside of addiction, escape, avoidance, absence. He is paying attention. His courage to face real things in their raw form, gives me courage to do the same. Additionally, what he does with the rawness of the human psyche as it surfaces, is deeply instructional and has a way of easing into a new consciousness that frees the soul. As much as these "answers" feel real and have deep meaning for me, still it is his courage to have followed this path with both discipline and release, that has been most inspirational to me. Most "self-help" books in my experience have one good point and 100 or 200 pages of repetition. This book, however, I have needed to absorb one section at a time to really learn from it, and its content evolves with expanded learning. This author is helping himself evolve and heal, and in this path, inspiring others.

I have already bought three extra books to share with friends after my daughter got me into the book. FYI as great as I am finding his writing, I attest that his practice in Portland Oregon still surpasses the words. He does more than talk. He is an authentic healer. Janine 8-11-17

Life provides many opportunities to become a better person and that is what this book gave me. It explains how to explore feelings that I have failed to address until now and it is very forgiving of our failings. The book helps to explore "another way to live" which includes intent, purpose, and living life to the fullest. It provides a simple way of being in the world that allows one to be truly alive. It is a path to happiness. Thank you Paul Greenbaum for direction and clarity....

I love Dr. Paul Greenbaum and I recommend everything he teaches and writes. He has tirelessly dedicated his life to helping others live a healthier, more peaceful, and ultimately more fulfilling life and he does not disappoint on the Road to Peace.

If we could only sit quite for a minute and L I S T E N...Paul the person is an inspiration and his work and teachings are simple, doable and get results from within. Thanks for teaching us the Short way (...right way) do do our inner work.

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