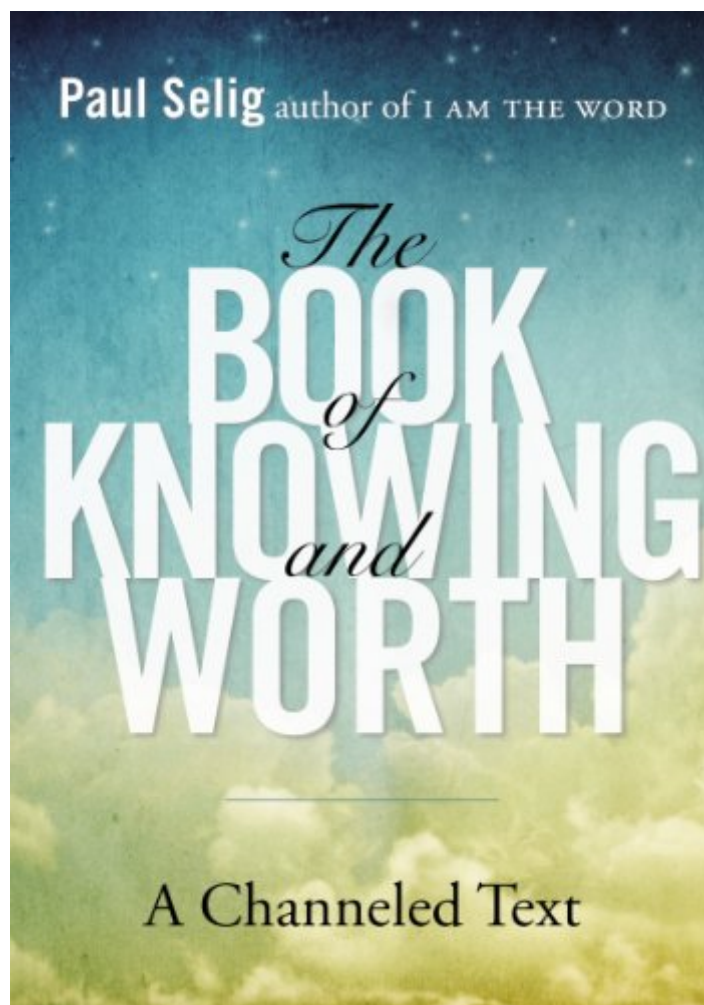


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# The Book Of Knowing And Worth: A Channeled Text



## Synopsis

The third in Paul Selig's popular "I Am the Word" channeled literature series, this extraordinary psychological-spiritual guide addresses how to overcome low self-worth and claim our true purpose as individuals. Winner of the 2014 Nautilus Award represents "Better Books for a Better World" the Silver Award in the category of Religion /Spirituality: Other Traditions. In his third channeled text, Paul Selig's acclaimed author of *I Am the Word* and *The Book of Love and Creation* brings us his most practical message yet. Informing us that "you decide what you are worth," Selig's spiritual guides take readers through a program to understand our own inherent worth, and beat the fears that drain our inborn spiritual knowing. Selig reveals that true understanding of our life's purpose can be found through "service" the practice of the thing that you most love. Readers can discover their own form of service through this powerful mantra: "I know who I am, I know what I am, I know how I serve."

## Book Information

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## Customer Reviews

Many of us are aware of the concepts that we are all one, that we are manifestations of God, and that we create our realities. This series of books has moved these concepts from my intellect into my actual experience. A metaphor would be thinking about going on a trip to a place you've always wanted to travel to versus actually going there and experiencing it. This series of books builds, one upon another so that I can't rate one as being better than another because each one is integral to the other. These books have helped me release deeply entrenched unconscious patterns of limitation in my life (for example: fear and suffering) which has helped me manifest new realities in areas of my life like relationships and money. I'm a long time student of the human potential movement and the law of attraction, and this work has my highest recommendation. I am so grateful to Paul and the Guides for sharing this work and I am grateful for the aspect of light within us that seeks it out.

Fabulous! Must read his books in order, or you miss a lot. Waiting for his next book release in June

This book is AWESOME. I'm only supposed to read one chapter a day and I do. I Love this book, absolutely LOVE this book. It's like a condensed version of A Course in Miracles. This book has helped me so much. I lost my dog of 11 years recently and this book is the only thing that has helped my grieving process. The information is amazing in it's simplicity. I can't sing enough praises of the Love I feel reading it. What an awesome book. I can't wait to finish it. It is full of wisdom and unconditional Love.

this is the third book of Mr. Selig's that i have read and with each one i feel i have jumped light years ahead in my understanding of our soul's purpose on this earth and how to make our individual lives rich and healthy by understanding how to let go of our past histories to move on and move up. Paul's language is easy to understand for first timers who are interested in this journey of our souls and he gives you simple ways to help incorporate these teachings into our every day lives. i have found that with the little i have been practicing thus far, has made a remarkable change in my attitude towards people, places, and all those varied circumstances that we each experience called life. i can't wait for the next book to come out as i believe what Paul has written here is so very important and beautifully enlightening

This book is not light entertainment. It is a book for the soul. I cannot tell you how much it has

changed my life, especially when confronted with trying times. It tells the truth, it asks you to be the truth and it leads you to amazing personal insight. I highly recommend this book and have given over 18 copies out to friends and family.

This is the third book of the "I Am the Word" series and just as powerful if not more than the two prior. This book really dives in to the soul and brings forth who we truly are. This is a life changing series. As I go back now to read the entire series a second time I can see how much transformation has been made within me in such a short period of time. I feel like a different person at a different phase than when I first started with these books. In ways that I've spent my entire life trying to figure out how to deal or feel. Proof that we are actually being worked with and making changes. Magical book!

Great book! It just makes sense...the way we live now is nothing compared to what we might achieve if we read and follow carefully the wisdom enclosed in these three books. Several times I found myself being skeptical of the writings only to have it erased by reading the following page. I am trying to put everything into practice as I continue learning.

So understandable and helpful

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