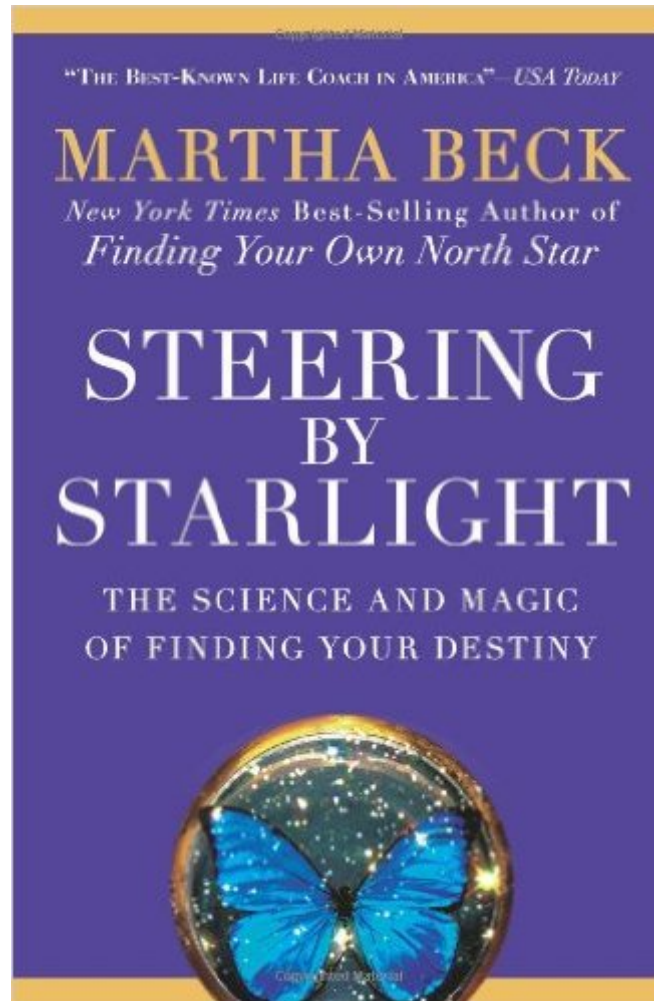


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Steering By Starlight: The Science And Magic Of Finding Your Destiny



Synopsis

Martha Beck's remarkable success in helping people to change their lives has won her accolades everywhere from National Public Radio to USA TODAY. She made multiple appearances on Oprah and Good Morning America for the hardcover edition of *Steering by Starlight*, which now offers readers a powerful set of new toolsâfresh coping strategies based on cutting-edge research in psychiatry and neurologyâthat will help them overcome obstacles and set their lives on course. Dr. Beck's trademark humor and empathy are at the heart of her gift for helping people who feel disconnected from their true sense of purpose: to locate meaning in their lives. Utilizing the same methods that have proven most effective with her private clients, Dr. Beck reconnects readers with their authentic needs and desires. Whether a person is seeking better relationships, more focused career direction, or a more harmonious lifestyle, *Steering by Starlight's* hilarious and touching anecdotes, case studies, and practical exercises will point the way.

Book Information

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Customer Reviews

*****This latest book from Martha Beck was more of a journey for me than just a book to read. The author advises you in the very beginning that for you to really have this book change your life, you have to do the exercises. So I did, and I was glad. They really helped me to be able to apply the concepts and ideas in a way that benefited me personally and not just theoretically. The purpose of the book is to change your life so that you get your "right life", not by thinking or feeling your way TO it, but by "dissolving" the thoughts and feelings that are OBSTACLES to it. The difference may seem

just semantic, but it isn't---it's profound! I was a life coach for several years in the past, and I can say that Martha Beck's concepts here are right on, effective, and truly transformational when really applied. The author's writing style is hilarious and makes the journey fun. For me reading this book and working my way through it seemed like a series of chiropractic adjustments to my life, helping me to indeed figure out where I was missing my "right life" and what is standing in its way. Working through the book helped me to develop useful skills that I can use each day to stay on course and to make life more meaningful, just because I know I'm going in the direction that's right for me. It's an awful lot to get just from a book; I think this work truly earned all five stars. Highly recommended. *****

[ASIN:0741443872 Flying Into the Sun]] I heard the author of *Steering by Starlight* on MPR. When she said she had overcome fibromyalgia and chronic fatigue, and now was capable of doing so much more, I wrote down the title and ordered it. People on Facebook began to discuss it too. I love reading it and the most amazing thing is happening and I believe it is due to this book. I lost my husband a year ago. I know we need to take time to heal from such a sudden loss and I have done that. I have sort of been a lump, doing what I need to do, actually enjoying myself, but sort of or really lazy it seems. I have always been very good at visualizing but for the past few years done little of that. I did visualize my move to Ajijic Mexico in 2007 and then it seemed to end. I know I have had an amazing life. *Hairdresser to the Stars*, a book available on explains that. So I didn't think I even needed to make any plans. I am 75 and just figured I would go along for the rest of the ride. I would take what ever happened day by day. Then I started reading this book. It all rings true, but now I am feeling the results of reading it. I am beginning to imagine my future in a different way. I am a social creature and although suffering pain and the loss of most of the sight in one eye, I seem to forget all that when I am at my art class, or engaged in conversation with interesting people. I have filled out and answered questions and those questions have brought an aliveness back to my mind and heart. I am an avid reader and know so much but this book reminded me of what I need to do at this time of my life and I am so happy to have opened it and read it. Try it, you will be so happy you did. It will bring joy to your life and get you on the road to joy. I used to be there, but lost my way. Now I am back. Thanks Martha.

I've now read *Steering by Starlight* twice through, back to back this weekend. I am already feeling a difference in what is happening around me! I am going to do Martha's recommended month of journaling and we'll see what happens next! I love Martha's writing style - it is totally down to Earth

and not "social-scientese" as she discusses within... I love the personal stories - both her own and some of her clients (their names are changed to protect them). I love her sense of humor! Can you tell I loved the book!?! Martha was a wonderful speaker when I saw her at The Women's Conference 2009 last Tuesday, Oct 26. Her book is just as great!

So...it worked. Huh. No, but really, a year ago I was in a job that was going from miserable to outright torture, I lived in a town I was completely uninspired by, I did have really nice friends, but one had just died of cancer and I was still seriously hurting, my social life was pretty dull, and I was in an epic romantic/sexual dry spell that had lasted so long that any rational person would have just given up and gone into the priesthood. I'm not saying that this book was the whole reason (and, really, neither would Martha...) but, well, all the same...things are different now. Everything has been falling into place like dominos. My job is an incredible fit for me (it really is literally playing all day, with some challenges thrown in just so I don't get bored), I'm constantly having to stop and take pictures of whatever cool thing I saw that day to share with friends and family, my town is a wonderful place full of like-minded people, I lost 30 lbs without trying (yes, you did read that correctly, and I really do attribute it to getting happy - furthermore, I want to state that trying has never worked for me), which means that my constant knee pain is gone, but moreover I look pretty darn hot, and, yeah, I met a guy. A really nice guy with similar interests and who makes me laugh my head off every day. Am I saying it will last forever? No, and neither does Martha. She does give you tips and tools for getting out of the rut, in a big way. Am I saying it was "magic"? Well, OK, it did feel that way, but again, Martha does do a good job of explaining the science behind the coincidences ("envisioning" what you want = creating a search image for your brain to go after), and an even better job of convincing you to just get out of the damn way when the universe wants to help. So...it worked. Huh.

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