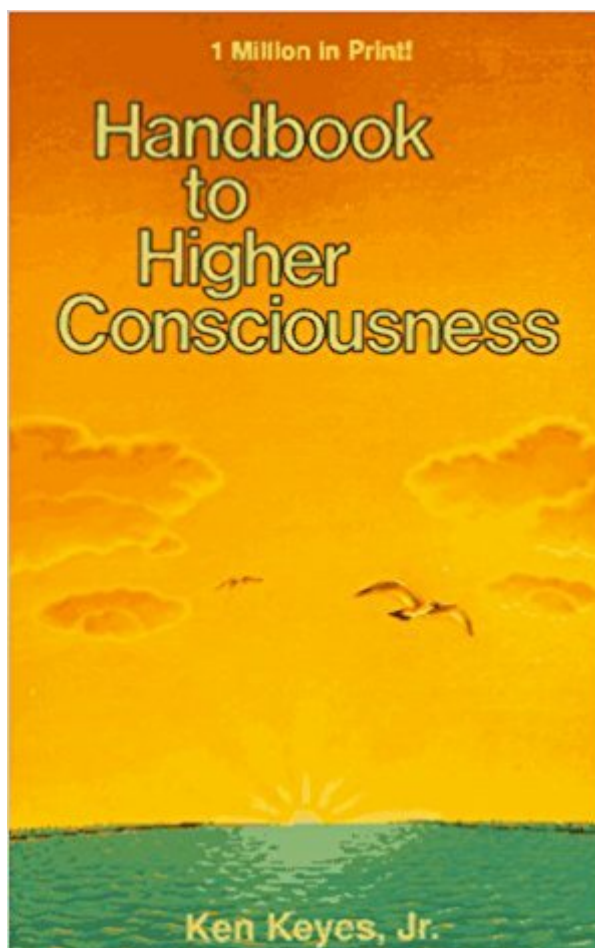


The book was found

# Handbook To Higher Consciousness



## Synopsis

This perennial bestseller is more popular than ever and has helped countless people experience dramatic changes in their lives from the time they begin applying the simple, effective techniques.

## Book Information

Paperback: 215 pages

Publisher: Love Line Books; 5th edition (January 1, 1993)

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Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (117 customer reviews)

Best Sellers Rank: #45,818 in Books (See Top 100 in Books) #83 in [Books > Politics & Social Sciences > Philosophy > Consciousness & Thought](#) #802 in [Books > Textbooks > Social Sciences > Psychology](#) #1366 in [Books > Self-Help > Personal Transformation](#)

## Customer Reviews

> Today I received a request from a metaphysics student named Mike. He asked if I would share my experience with this book. After I responded to him, it occurred to me to leave an edited copy of what I sent him, at .com. for others who may enjoy hearing from someone who has loved the book for over 2 decades. Dear Mike, > The Handbook To Higher Consciousness by Ken > Keyes needs to be experienced, to be understood > and to be learned. As you probably know, what is > truly learned, is life changing. >> What is learned from "The Handbook To Higher > Conscious" by Ken Keyes stays the same, but > it will reveal continual > "Ah-ha's" as it is experienced through the years. >> I have found that no matter what pathway explored > that everything boils down to what Ken defines > as "Addictions/Demands" and > Preferences". (Demands bring unhappiness, > Preferences bring happiness. What is a demand > for one person, may not be for another.) > The key seems to be to become aware of one's own demands (not other people's) and then to go to work on up-leveling them. Not to become a BETTER person, but to be a HAPPIER person. >> The book and its methods, makes > one increasingly aware, that everyday life > is a school; a school filled with people and circumstances > that makes you aware of what triggers your own > demands, and interferes with your happiness, > and consequently the happiness of others. As Ken says: 1. Everyone and everything, becomes your teacher. 2. Everything is either perfect for your growth or for your pleasure.

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