



Enough!: How to Liberate Yourself and Remake the World with Just One Word

Laurie McCammon

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Do you, like so many of us, believe that you will never have enough time, money, talent, or love to be truly happy? Do you think you're not good enough, not rich enough or thin enough or smart enough, to have the life you want? Or that the problems in your community and the world around you could be solved if only there were more to go around? Everywhere, all the time, we get this message that there is something lacking, something more, something better to strive for. In fact, the idea that there isn't enough or you aren't enough is so deeply ingrained in us and into our culture that it holds sway over pretty much every aspect of our lives, from how we perceive our self-worth and our skills as parents, friends, and partners (I am not enough) to the ways in which we are taught and governed.

But what if it's a lie? Author and activist Laurie McCammon wrote this book to show you that it is all a lie. Discover how your own never-enough thinking has been limiting you and how to challenge it in all the places it lurks. Let Laurie show you how to develop a sense of enoughness that can change not only how you feel about yourself but how you view time, your relationships, your work, and the possibilities for helping to shape a better world.

Enough!: How to Liberate Yourself and Remake the World with Just One Word Details

Date : Published April 1st 2016 by Conari Press

ISBN : 9781573246835

Author : Laurie McCammon

Format : Paperback 256 pages

Genre : Self Help

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From Reader Review Enough!: How to Liberate Yourself and Remake the World with Just One Word for online ebook

Mary Cunningham says

I have just finished reading the final pages of a recently released book called Enough! How to Liberate Yourself and Remake the World with Just One Word by Laurie McCammon and I can wholeheartedly say that the title itself perfectly describes what I believe will happen when a person chooses to read this book! The more I read, the more 'liberated' I felt as I recognized my own limiting thought systems! With the understanding I received in the way the author describes the process of going from the personal "I" to the global "we" in our thoughts and actions, I KNEW I had discovered a book that spoke to me of the possibility and even real probability for humanity to be able to move into a transformed world based on love and compassion.

Few books have inspired me so profoundly as much as Ms. McCammon's Enough! book has! It is as if I had been searching for a way to move out of my old paradigm of scarcity and not-enoughness thinking about myself and the world around me and now I have been offered a divine road map directing us forward to the Enough field of positive intentions and outcomes, for myself and for our world.

Tu says

In the time and space of 2016 "Enough" is so timely for all of us earth dwellers. Change is showing up, surrounding us with increasing willingness and Laurie McCammon's liberating words have opened a doorway with a bright light shining on opportunity into self-realization, planetary miracles and wisdom's freedom. We are enough, we have enough, we give enough, we share enough. The concept of "Enough" is an awakening, a thriving collection of our truest souls. "Enough" is a must read in today's every changing world.

Laurie McCammon says

From the publisher: Enough! is a groundbreaking, paradigm changing non-fiction book by author, Laurie McCammon, MS, that reveals a simple key to happiness and abundance: changing our orientation to just one word. Enough. It is not a matter of "fixing ourselves" with self-help and self-improvement schemes. Our central story, the "Never Enough Story" (the story of scarcity) is a self-fulfilling prophecy that has kept humanity locked in perpetual cycles of suffering for over 5,000 years. The belief in lack has obscured our ability to perceive the more ancient and enduring enough pattern present throughout the entire cosmos that provides a flow of divine inspiration and heart wisdom, vast stores of creativity and self-empowerment. Citing findings from quantum physics, new sciences, systems theory, feminine leadership, spirituality, indigenous teachings, and growing global movements such as sustainability, thrive, resilience, environmentalism, community currency, and the sharing economy, Laurie demonstrates that an enough success story is already well underway. And because humanity is only one small player in this cosmic-level Enough Story, the shift from Never Enough to Enough is inevitable and cannot be stopped. The result is a future to be truly optimistic about that offers a vastly improved quality of life, personal empowerment, health, benevolent activity, meaningfulness and sufficiency for all.

