



Be the Person You Want to Find: Relationship and Self-Discovery

Cheri Huber , June Shiver (Editor)

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This guide to self-discovery through intimate relationships offers a spiritual perspective on healing childhood wounds and destructive patterns that are learned early on and later cause relationship dysfunction in adulthood.

Be the Person You Want to Find: Relationship and Self-Discovery Details

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Erophili Kaparakes says

It was amazing! I learned that I shouldn't depend on anyone else to make me happy. It's all up to me to be the person I want to find. This book teaches me to take myself out of the conditioning I've learned as a child, and to live as an adult. This book is based on Zen, and I've learned so much! It's life changing for me and I recommend anyone read it...even if you have a significant other!

Luminea says

This book really made me think. It doesn't offer easy to follow instructions that give a quick fix...but it does prompt you to embark on an ongoing journey of self-awareness and discovery that will lead to much growth and positive change in the long run if you stick with the process.

Kayleigh says

It would have been a better book if I actually had some issues with relationships. (at least, I don't have enough issues that I needed this book.) However, I'm interested to read more of her books-maybe I'll find one that's more applicative to me.

Sheryl says

This casual little book has tons of things to think about. I choose to read it on the suggestion of my daughter. She, my son and I were all reading it at the same time. This is a book you need to purchase, and re-read often. It takes awhile for Huber's perspective on conduct of life to sink in. It is not intuitive but it is worth the time you need to invest in the book to understanding it.

Eliza says

I read this for a couples counseling class. Simple, unpretentious and profound. I highly recommend it to anyone seeking to improve self-understanding and relationships.

Ayana Mishelle says

I read this book .I have this book. This book is about loving yourself just the way you are. it gives tools for self forgiveness and acceptance. I think now i actually am the person I want to find !!! I have flaws and things that I definitely could stand a lot of improvement but I am loved, loving , lovable and capable of

forgiving myself and others. This book is simply written the font is very unusual for a book. You will be the Person you want to find whether you are in a relationship or not. that is really special !!!

Phoebe says

This is a simple, beautiful workbook about self and relationships. It's often funny, yet there are passages from it that have stayed with me over the years... especially stuff about childhood. I recommend to anyone who wants to understand himself and his responses to external events better.

Alex Schweitzer says

Would highly recommend. An amazing way to look at yourself and your way of thinking in relationships. Advocates for self awareness and being at center instead of staying caught in cycles of learned behaviors. Easy and engaging read.

Danielle Loosbrock says

I really loved this book. It was a great book for exactly the right time in my life. It helped me heal from a relationship that had just ended and I started to recognize my own dysfunctional patterns in relationships... things that held me back and weren't honest or fair to either of us. It was a quick, easy read that I found myself going back to time and time again. Definitely worth a read if you're ready for a positive change!

Janelle says

Life changing book for me.

lov2laf says

This is the third book I've read by Huber and it's my favorite, so far. Whatever the topic she's writing on, the messaging of her books is usually around the practice of mindfulness and how using that strategy can free a person to make better choices and be closer to who they want to be.

I don't mind the repetition. Sometimes we need to hear or see the same thing over and over, said in different ways, until a concept lands and we just get it.

The overall practice is simple: notice without judgement

It's a revolutionary idea in the age of "fix yourself". This book isn't about "how to change" or "do these steps to a better you." Instead of changing how we are, our behaviors that have been in place since we were kids in order to survive so our inner selves fight like hell not to change them no matter how destructive they are in present day, the idea is to notice that said behavior. Do so with compassion. Just by observing, we can realize

the triggers, the functions at play. With some perspective we then can make a different choice in that moment...from moment to moment.

I think it may help to have some background of what "mindfulness" is when approaching this read. If you're unfamiliar, explore the topic. However, this could work as an introduction.

Mindfulness can sound hokey but it actually is a viable way to make things different. It's practical and I see it working in my life when little else has.

Huber's books are written in an odd format, where the font looks like handwriting and there are illustrations throughout. Here's an example from a reviewer's site: The style, though, makes the read go quickly and feels more conversational than a traditional self-help book. It doesn't mean that the material inside isn't quality.

Ideas that resonated:

*We think there's some other parallel reality where we're making all the right choices and everything works. It's what we compare ourselves to how things SHOULD be and that makes us miserable. That "reality" doesn't exist. THIS is reality so stay present.

*We fear abandonment - Truth is, we abandoned ourselves as children to be and do what someone else wants and to survive and consider ourselves worthy of love. As adults, we keep this conditioning, "if you love someone, you...abandon yourself to do or be what they want". You expect them to do the same for you and neither are happy.

*Happiness can't come from someone else despite all of the romance novels, movies, and songs. Treat yourself...for real. Be kind to yourself and if someone else comes along that loves you, too, that's a by product. *Being kind to yourself is learned through practice over and over again of noticing when you're not being kind...and also looking for opportunities to be kind with self-care.

*Reminders of staying in the moment, living moment to moment (notice body sensations, thoughts, feelings, triggers, etc)...and just a ton of insights that are too many to mention.

Overall, a nice and helpful read. I'll refer back to this one.

Jennifer Dobson says

Hands down the best book I've ever read! Whether you're in a relationship (good or bad) or like me and still looking for someone, this book will teach you that being in the moment (zen) is the key to attracting the kind of relationship(s) you want. Easy and delightful read; conversational tone; excellent examples anyone can relate to.

Debbie Legare says

What a neat book!! I really enjoyed this book and learned a lot from it.

Sandra says

Best book on all kinds of relationships. If you are married, have a girl friend/boy friend/lover, read it. Get a copy for your lover or read it together. It will change your life. Best book by Cheri Huber on relationships.

Michelle says

Transformative, life changing! You could spend a life-time integrating this wisdom into your life!
