

This is a Meditation on the Paradoxical Theory of Change. It requires a colour kindle-fire to appreciate the illustrations. While many therapies and self help books encourage you to strain to be different and push yourself to be something else, the paradoxical theory of change does the opposite. Learn how to be in touch with the present moment and become fully aware of your life just as it is. The paradox is an existential experience of now enables you to flow with changes as they naturally occur. There are lots of illustration and mandalas for you to experience change and relax with it accompanied by simple explanations. This is the gentle way to self- transformation.

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