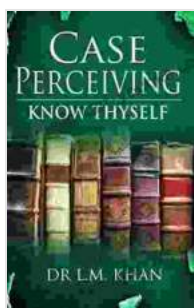


Case Perceiving: Know Thyself

Case Perceiving: Know Thyself is a groundbreaking book that offers a new way of understanding ourselves and our relationships. Author Liz Palmieri Coonley draws on her extensive experience as a psychotherapist and spiritual teacher to present a unique and insightful approach to self-discovery.



CASE PERCEIVING KNOW THYSELF by Liz Palmieri-Coonley

★★★★☆ 4.9 out of 5

Language : English
File size : 18012 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 266 pages
Screen Reader : Supported



Coonley's approach is based on the idea that we are all made up of different "cases," or parts of ourselves. These cases can be thought of as different aspects of our personality, such as our inner child, our critic, our protector, and so on. Each case has its own unique needs and desires, and it is important to understand and work with all of our cases in Free Download to live a balanced and fulfilling life.

Case Perceiving: Know Thyself provides a roadmap for understanding and working with our cases. Coonley offers a variety of exercises and meditations that can help us to identify and connect with our different

cases. She also provides guidance on how to work with our cases in a healthy and productive way.

Case Perceiving: Know Thyself is an essential book for anyone who is interested in self-discovery and personal growth. Coonley's insights and guidance can help us to better understand ourselves and our relationships, and to live more fulfilling lives.

About the Author

Liz Palmieri Coonley is a licensed psychotherapist and spiritual teacher with over 25 years of experience. She is the author of several books, including Case Perceiving: Know Thyself and The Art of Case Perceiving. Coonley has taught workshops and retreats all over the world, and her work has been featured in numerous publications.

Reviews

"Case Perceiving: Know Thyself is a groundbreaking book that offers a new way of understanding ourselves and our relationships. Liz Palmieri Coonley's insights and guidance can help us to better understand ourselves and our relationships, and to live more fulfilling lives." - *Dr. Wayne W. Dyer, author of The Power of Intention*

"Case Perceiving: Know Thyself is a must-read for anyone who is interested in self-discovery and personal growth. Coonley's approach is unique and insightful, and her guidance can help us to live more balanced and fulfilling lives." - *Marianne Williamson, author of A Return to Love*

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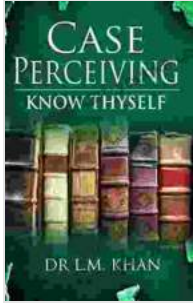
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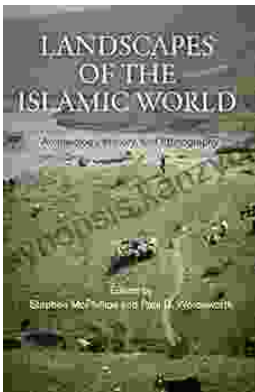
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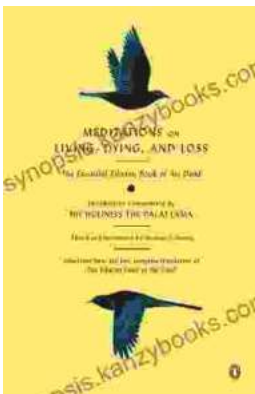


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