



Unsubscribe: Opt Out of Delusion, Tune In to Truth

By Josh Korda

Wisdom Publications. Paperback. Condition: New. 273 pages. A three-step guide to recovery from addiction to consumerism, self-deception, and life as you thought it had to be. Josh Korda, a recovering alcoholic and drug addict, left his high-paying office job to become a New York punk living off of other peoples generosity and he wants you to know that you can do it, too. Josh used to have a successful career in advertising, but he chucked it all away to find a more fulfilling way to live. Now a wildly popular Dharma teacher, he teaches and mentors people searching for radical refuge with his unique blend of Buddhist wisdom, modern neuroscience, and punk-rock attitude. Josh's three-step guide to recovery from addiction to consumerism, self-deception, and life as you thought it had to be: (1) Reprioritize your goals, away from a materialist vocation toward a fulfilling avocation (2) Understand yourself and your emotional needs (3) Connect authentically with others, leading to secure relationships and true community. Revolutionary, compassionate, and filled with wonderfully practical exercises, Josh will help you lead a more authentic, more fulfilling life. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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Very helpful to all type of individuals. It really is rally interesting through looking at time. Its been designed in an extremely basic way which is just soon after i finished reading this pdf through which basically modified me, change the way i believe.

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