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Know Better, Do Better: How To Lean Into The Light and Be Your Best SELF!

Philip Allan Turner

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Know Better, Do Better: How To Lean Into The Light and Be Your Best SELF!

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Know Better, Do Better: How To Lean Into The Light and Be Your Best SELF! Philip Allan Turner Know Better, Do Better; How To Lean Into The Light and How To Be Your Best SELF! by Philip Allan Turner is a spiritual handbook to living an abundant life. Maya Angelou stated, “I did then what I knew how to do. Now that I know better, I do better.” This quote freed the author and allowed him to move forward after the most difficult time in his life. He believes this quote can provide inspiration to anyone who has made a mistake or fallen down. By knowing better, we can master ourselves so that we can our best self. After losing his job, his house and his life as he knew it, the author became severely depressed. He spent three years reading every self-help book he could and eventually found the Bible. This new, uplifting book uses spiritual wisdom to describe how we can become the people God intended us to be. The author made Jesus his life coach and was transformed. Using the Bible and other spiritual traditions, the author has devised 20 easy steps to love and empowerment. This 325 page book incorporates cognitive behavioral methods along with spiritual principles to help the reader develop a God-consciousness. The author puts forward five main premises throughout the book: 1) We are broken because of the conditioning we have gone through and the experiences we have lived; 2) There is another path, a more enlightened path; 3) Through effort and daily practice, we can break out of the programming of the past to rewire our minds to live a better life; 4) As salvation is not constant, neither is enlightenment. We must constantly strive to stay in the present moment and on the right Godly path; and 5) When we get better, it’ll get better. The author provides ‘Know Better’ Life Questions, ‘Know Better’ Life Principles along with ‘Know Better’ Empowerment Exercises to help the reader awaken to his purpose in life. This book can transform your life by showing you how to restructure your thinking to ignite the fire within and lean into the light. One finds there is no path to love, love is the path. http://knowbetterdobetter.us/

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