



The Untethered Soul: The Journey Beyond Yourself

By Michael A. Singer

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The Untethered Soul: The Journey Beyond Yourself By Michael A. Singer

What would it be like to free yourself from limitations and soar beyond your boundaries? What can you do each day to discover inner peace and serenity? *The Untethered Soul*—now a #1 *New York Times* bestseller—offers simple yet profound answers to these questions.

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Copublished with the Institute of Noetic Sciences (IONS) *The Untethered Soul* begins by walking you through your relationship with your thoughts and emotions, helping you uncover the source and fluctuations of your inner energy. It then delves into what you can do to free yourself from the habitual thoughts, emotions, and energy patterns that limit your consciousness. Finally, with perfect clarity, this book opens the door to a life lived in the freedom of your innermost being.

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