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Reneacute;e Paule

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#6141518 in Books Ingramcontent 2016-06-25Original language:English 9.00 x .79 x 6.00l, 1.02 #File Name: 0993509800316 pagesA Three Course Meal for the Mind | File size: 22.Mb

Reneacute;e Paule : A Three Course Meal for the Mind before purchasing it in order to gage whether or not it would be worth my time, and all praised A Three Course Meal for the Mind:

1 of 1 people found the following review helpful. has come up with the perfect title, 'A Three Course Meal for the Mind'By LydesReneacute;e Paule has worked her three previous books - On the Other Hand, Just Around the Bend and Louder Than a Whisper (also available separately) - into one volume and, as usual, has come up with the perfect title, 'A Three Course Meal for the Mind.' Reneacute;e's books come under the title of Self-Help, but rather than being in the usual run-of-the-mill vein of 'do this and you will feel better', her work leads you into truly examining yourself and your interaction with the 'outside' world by giving you questions to ponder. No answers are doled out within these pages, you have to find those for yourself. In what appears to be a time of chaos around the planet on more than one level, many people are 'waking up' to the realisation that any change for the better has to begin with each individual. Any, or all, of these books will take you on a voyage that can be uncomfortable but that will ultimately help you to discover and live as your true self.1 of 1 people found the following review helpful. Read them and explore! Happy reading! :)By Neeraj V MuraliIt is neither Freud nor Foucault but Renee. The three course meal is a well-prepared dish with adequate spices and expertly tailored to suit your needs. You neither need the terms nor the theories, but simply an open mind and a bubbly heart. You need to accept that questions exist and wrestle with them. That is what Renee does, initiating you on the journey to the centre of your heart, where the "real" brain exists. Let me assure you of one thing, these three books will change your life.Read them and explore! Happy reading! :)1 of 1 people found the following review helpful. A must read compilation of Renee Paule's first three booksBy MikeWhy settle for only one when you can have all three.Having proof read and reviewed all three of Renee Paulersquo;s insightful and thought provoking books, the author has come up with the inventive idea of linking all three into one combined edition.This format will enable the reader to conveniently follow through Renee Paulersquo;s train of thought, whilst also providing a fiscal incentive to delve deeper into the narrative of these literary publications.

A Three Course Meal for the Mind combines three books into a single volume: On the Other Hand, Just Around the Bend and Louder Than a Whisper (also available separately). The books chronical Reneacute;e Paulersquo;s philosophical journey of self-reflection. She questions many facets of life that we take for granted, unlearning all that she has been taught: thus freeing her mind from the conditioning that society imprints. There is much to think about in these pages and it can make for uncomfortable reading as questions we tend to avoid are raised and discussed, particularly in On The Other Hand. This collection is lsquo;self-helpersquo; in the truest sense as there are no answers provided and it is left to the reader to cogitate and draw their own conclusions: conclusions that Reneacute;e maintains

we already know but shy away from. One thing that stands out in all three books is that [we](#) are responsible for what happens in our world: there is no-one else to blame. You may not like what you read herein but you will be hard-pressed to refute it. The second two books are illustrated with lovely drawings that demonstrate some of Humanity's much treasured and [endearing](#) qualities. Ebooks are not illustrated

About the Author I'm a deep thinker, and I love it. My true genre is self-reflection/self-realisation, rather than self-help, but these are not available to select as genres. My view on life changed dramatically following a profound experience; there's no separation. After this, I no longer accepted the world at face value. I began to question everything and trust nothing; one question always led to another and these are in my first book called [On The Other Hand](#). My second and third books - [Just Around The Bend](#) and [Louder Than a Whisper](#) - are a continuation of my journey of self-realisation. These two books are illustrated* with a character I created and call Dilly. Dilly is an endearing [thought](#) form that thinks. I wrote these books because I couldn't find what I needed - down-to-earth hard truths about Humanity and the world we live in - not a plaster for my wounds.

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