

At Last Self-Honest!

by
Oliver Unger



An experiential audio book
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Communication / partnership



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Not Easy, but Possible

Drop your beliefs and be yourself!
About wisdom & love, partnership & communication.

For whoever wants to unmask his habits in partnership and communication, drop false beliefs and live up to his true potential, wishes to discover his type of communication and learn to become authentic and happy again with himself and experience fulfillment in relationships.

To be authentic is key to true communication. However, all too often we imagine, that we have to be other than we truly are. Studying communication patterns, four different types can be identified, based on our beliefs, which obscure our sense of self. And that is where most of our problems start from.

The author shows you, how easily you can become completely free, open and spontaneous again. The first step is to unmask habits, and then to drop them: No longer enacting like the camel, hare, ant, or lion type!

The experiential audio guide evolves around the quintessence of the book with the same title. Highly entertaining life scenes and exercises will help you transform overripe beliefs into a new found freedom and an attitude towards life full of well-being.

Oliver Unger is co-founder of the *Ridaya Seminar Center* in Germany, naturopath and psychological consultant, focusing on authentic communication. www.tief-beruehrt.com