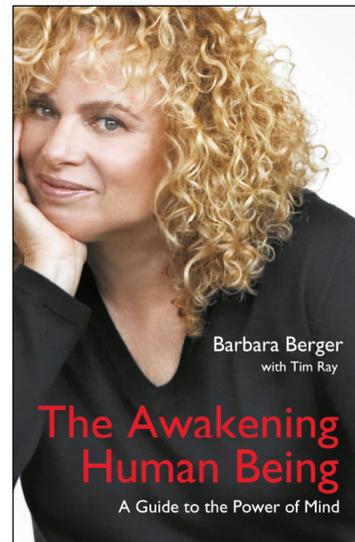


**The Awakening Human Being -  
A Guide to the Power of Mind  
By Barbara Berger (with Tim Ray)**

*Published by O-Books (an imprint of John Hunt Publishing)*

***The Awakening Human Being*** is a practical spiritual handbook that offers readers a complete guide to the awakening consciousness that is emerging on Earth. In this book, Barbara Berger offers a clear and simple explanation of the way the mind works – which is the key to living a happy life. With this information in hand, readers can understand why they act and react the way they do – and can change their experience of life if they want to. As a result, one is no longer the victim of forces (the mechanism of mind) we don't understand. The promise of this book is that it shows readers how to find a way out of suffering by waking up to the nature of mind to find the peace and happiness they seek in the present moment.



**What the press is saying:  
“Deceptively Brilliant!”**

“Best-selling author Barbara Berger has written a straightforward guide to understanding how the mind, and consciousness, relates to reality and the search for happiness. Her approach is truly “psychological thinking,” meaning that it illuminates thought that sees itself. Step-by-step she presents complex metaphysical notions, and then by asking the very questions we are asking in our own minds about these concepts, proceeds to unpack any confusion, objections, or uncertainty with equal clarity and simplicity. She provides both tools and investigation practices for taking care of our own thinking, and the path to true happiness. The simplistic style of this book actually reveals a profound depth of insight and a commendable ability to distill big thinking into manageable bites of food for thought. In the wave of emerging books framing spiritual principles into a pragmatic and reason-based understanding of the mind and consciousness, this one stands tall and is highly recommended.” New Consciousness Review (USA)

In the book, Barbara Berger presents the Mental Laws which are her unique, scientific presentation of the way the mind works. These laws include: The Law of Thoughts Arising, The Law of Witnessing, The Law of Naming, The Law of Cause and Effect, The Law of Emotion, The Law of Focus, The Law of Free Will, The Law of Underlying Beliefs, The Law of Substitution, The Law of Mental Equivalents, The Law of Truth. Understanding and using the Mental Laws in our daily lives can help us take control of our lives and shape our own destinies.

**About Barbara Berger**

Barbara Berger is the bestselling author of **The Road to Power / Fast Food for the Soul** (published in 30 languages), **Are You Happy Now? 10 Ways to Live a Happy Life** (published in 14 languages) and many more.

For more about Barbara Berger, see [www.beamteam.com](http://www.beamteam.com)

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