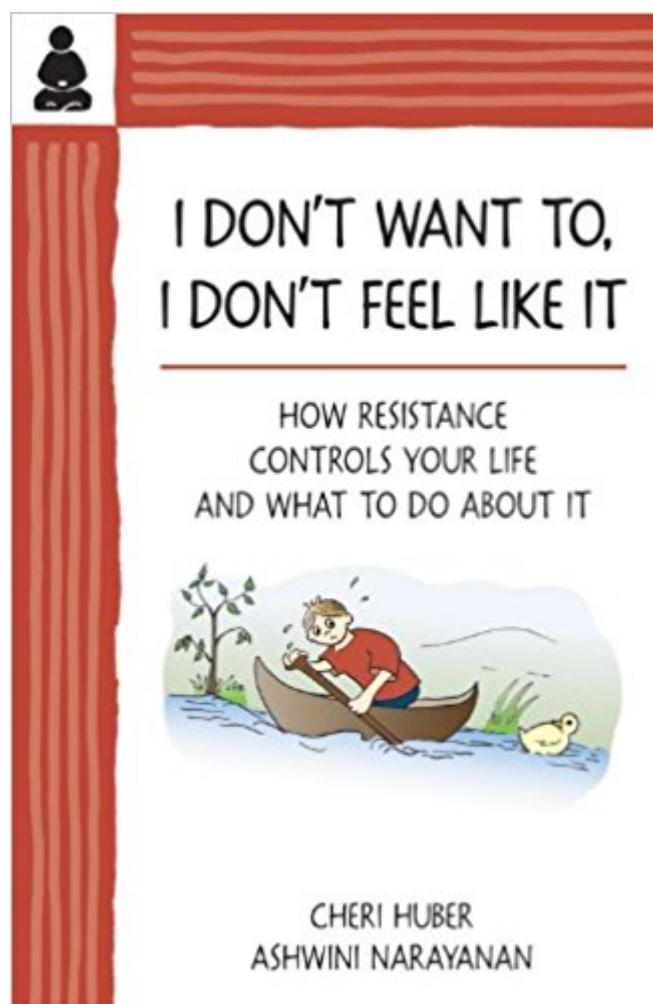


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# I Don't Want To, I Don't Feel Like It: How Resistance Controls Your Life And What To Do About It



## **Synopsis**

Employing the tenets of Zen Buddhist awareness practice, the book provides numerous exercises and self-help tools for working through problems with resistance, revealing how resistance operates in everyday life and guiding readers to consider how they can be free of it. The teachings in this book show how to recognize resistance in its many forms, not take it personally, and be free of its control. The platform is that the voice of resistance—“thoughts such as I’ll do it later”—is not personal; everyone has it. Instead, it is the voice of a survival system that can take people from commitment to inaction in a matter of seconds. Then, self-hating voices level internal accusations for not having followed through, including thoughts of failure, shame, and lack of self-discipline.

## **Book Information**

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## **Customer Reviews**

"Huber challenges us to see our resistances and to accept our conditioned thoughts and behaviors—to live in the present moment with awareness." — "Spirituality and Health Magazine" "Read this book with magic-marker in hand; every page contains some gem-clear dewdrop of wisdom that you'll want to highlight, return to, and savor again and again." — "Don Morreale, editor, The Complete Guide to Buddhist America, on Sweet Zen

Cheri Huber is the founder of the Zen Center in Palo Alto, California, and the Zen Monastery Peace Center in Murphys, California. She is the author of *There Is Nothing Wrong with You; Transform Your Life; What You Practice Is What You Have*; and *When You're Falling, Dive*. She lives in Murphys, California. Ashwini Narayanan is a student of Cheri Huber, has cofacilitated and created

workshops with her, and currently runs the operations of the two nonprofits that Cheri founded. She lives in Cupertino, California.

I have read Cheri's other books and quite enjoyed them. This book seems more difficult to get through, as if the coined phrases used are just not registering in my brain quickly enough. Most of the other books read like a hot knife slicing through butter - very smoothly, evoking imagery and were easy to relate to. I found this book moved sluggishly. If you haven't read her other books, I would recommend getting one of the earlier ones.

I found this book to be the very best I have read concerning overcoming resistance in my life. I love the authors skill in writing about this. It was very helpful. I highly recommend it!

Cheri Huber has established a way to see, to question and to set an intention to end suffering. This book expands the work of living from lovingkindness and the practice of compassion.

This book provides insights that are not found in traditional procrastination books. Cheri..takes you to a place of rediscovery that will allow to to see your blocks and in a relaxed mannerOvercome them. Buy this book,no read this book and take action!!

great book for people with depression

I have learned so much from this book, and I now experience much less internal resistance. Most people do not realize what a big role resistance plays in life. Everyone should read this book. Very enlightening!

Cheri is one of the finest at writing in the direct clear fashion that Buddhism is all about. A true gift to the world.

Very well done. Resistance by definition is difficult to work with, let alone understand. This book provides great insights and understanding, and is ultimately freeing.

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