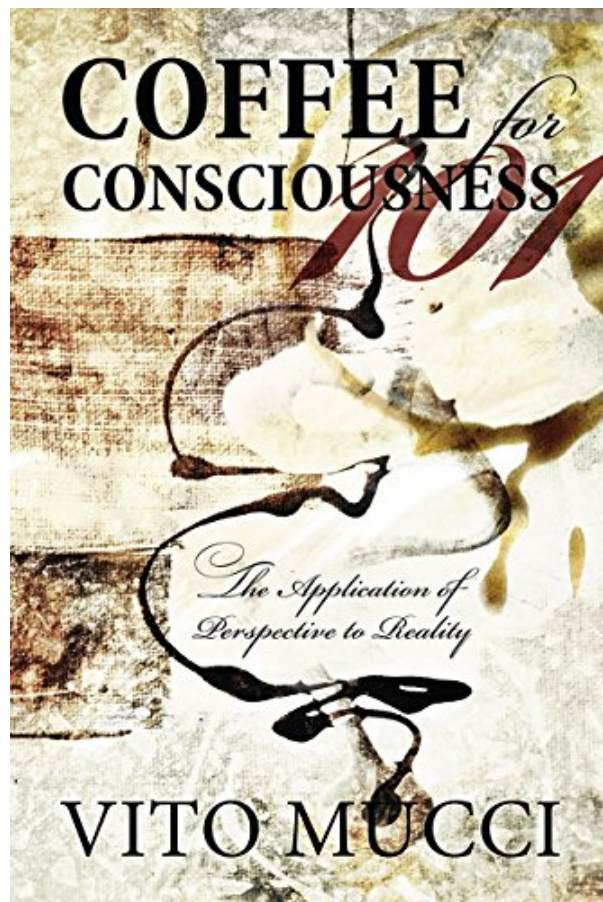
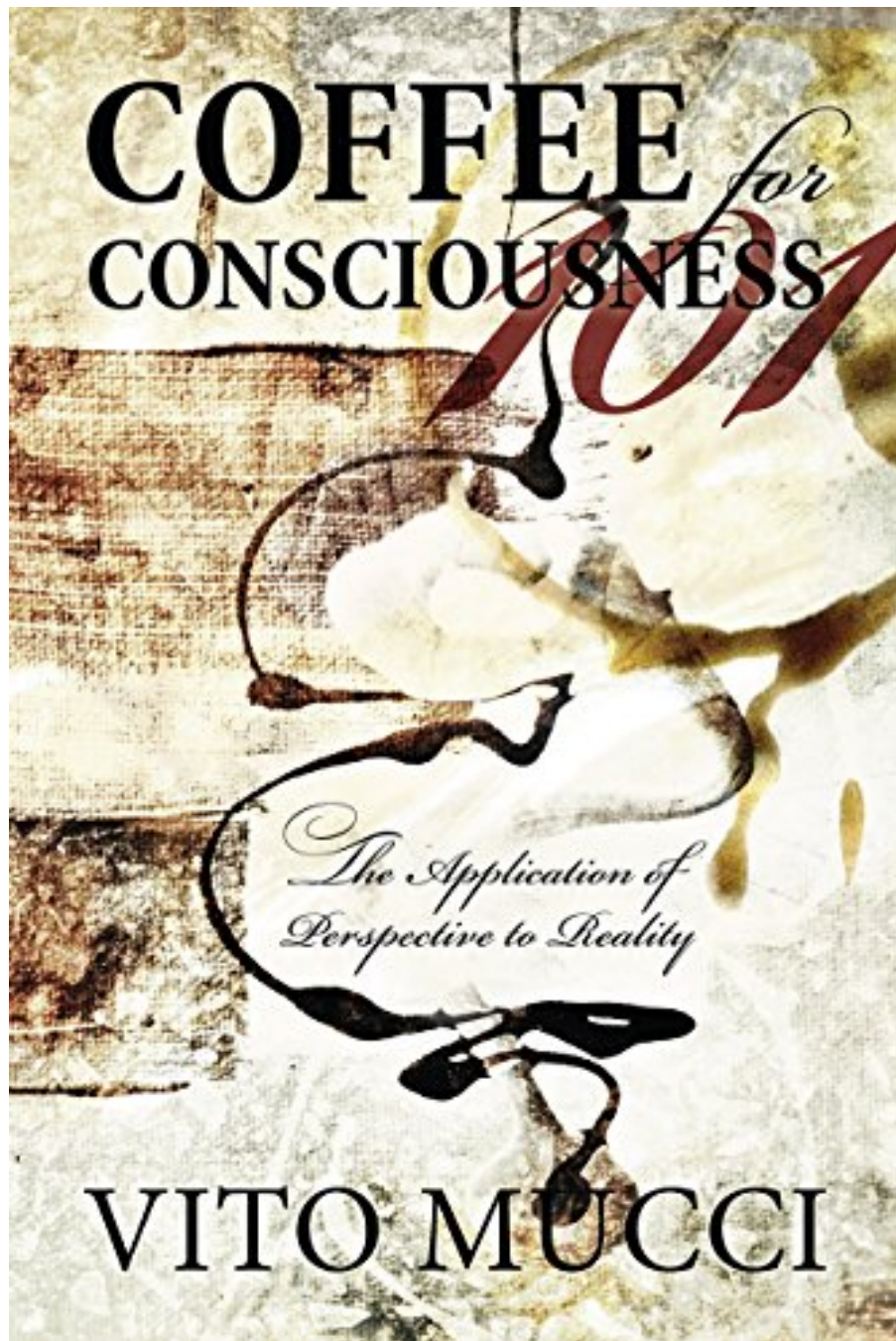


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Self-Actualization Is Great—But How Do We Achieve It? “Live in the Now.” “Don’t worry, be happy.” “Follow your bliss.” These catch-phrase imperatives confront us on a daily basis, but so few of us seem to know how to do any of those things. If you’ve repeatedly tried and failed to manifest your better self or a more resonant life, you might be saying, “You know, it’s not that easy.” Coffee for Consciousness 101 is the instruction book you’ve been waiting for—because you’re right; it’s not easy. Finding yourself takes work, and sharing yourself with the world in love takes even more work...but the rewards are amazing. Our longstanding unhelpful definition of risk and reward is just one of the concepts that author Vito Mucci deconstructs with compassion, humor, and a deep understanding of the ways in which our beliefs about ourselves and the world get in the way of achieving conscious presence in the world, and consciously evolving relationships with ourselves and others. Our beliefs and ideas are the lenses through which we look at the world; this book gives you the idea of Perspectives, a new set of lenses that change what you see, and consequently, who you can be. Rooted in the author’s decades of experience in managing his PTSD and addictions through careful cultivation and alteration of consciousness, Coffee for Consciousness 101 is a fascinating, joyful, and deeply practical exploration of how to read the road map to positive change and greater presence.

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A lifetime's worth of therapy for < 1/2 the price of one session!!!

By Claudia

Gently yet forcefully Vito Mucci pushes up against the way we've always tried to make ourselves better people. A challenge to grow your consciousness in every chapter. An eye opening revelation on each page. Vito's approach to helping us understand the reasons we've not be able to actually achieve the concept of being happy in our skin allows us to not be angry (for long, anyway) that we've been lied to by gurus, church, state and our parents.

With a vocabulary all its own, CFC101 has made a more pleasant trip of my journey into WHO I AM.

I've read Tolle, Chopra, Walsh, Katie and Dyer. All bestow pearls of wisdom on what happiness is. Vito shows you where and how to find it.

Vito's version of Self-Help may just make him this generation's Joseph Campbell.

16 of 16 people found the following review helpful.

THE SOUL YODA

By Keith Korman

From Freud's Dreamwork which revealed an individual's hidden conflicts and wishes – to Jung's archetypal collective unconscious and individuation, integrating the psyche's opposites – to Sir James Frazier's The Golden Bough which showed the foundations of magical human thinking – we seek to understand the human soul.

Vito Mucci's COFFEE FOR CONSCIOUSNESS makes you think. Not a book to be consumed in one sitting, but to wait on your bed stand and opened any time you want to peer into an honest mind.

Go to any page, there'll be something to ponder: "we can access to every perspective we've ever been part of. That's the evolution of consciousness." (P. 105)

Ever wonder why you get angry for no reason, or for a mistaken assumption, slights real or imagined? ". . . we naturally assume our emotional reactions are based on reality. This is an assumption I like to call The Raccoon Trap." (P. 151)

Sometimes just stating the obvious: ". . . problems occur when our expectations of how things should be in the world (including within us) are not being met by reality." (P. 299)

Morphing into a Soul Yoda: "There is always a stronger opponent in the world of combat, every internal challenge (sic) a worthy adversary. Fear leads to courage. Anxiety leads to calm. Chaos leads to focus. Anger and fury lead to peace."

Mucci renames the elements of human consciousness like a gentler Nietzsche – and with adept simile and metaphor – proves once again, that analogy is the core of cognition. The Glossary itself is a work of art:

Faith Ch. 11-1: the duty we have to trust

Garden Overrun by Weeds Ch. 12-1: being fear-dominated

Harmony of Intent Ch. 19: When our emotions and actions match our beliefs

Romeo and Juliet Moment Ch. 12-2: the moment when passion leads to healthy change

As Joseph Conrad's Marlow says in Lord Jim, "One hope kept Jim going – a hope common to most men. Rich or poor, strong or weak, who among us has not begged God for a second chance?"

Mucci gives you a second, third, fourth and fifth.

15 of 15 people found the following review helpful.

The Most Real-Life Applicable Book That I Have Ever Read

By Stephen R. Hubbell, Jr.

A fully developed discourse on the nature of consciousness for the public education, Coffee for Consciousness 101 is more than just a self-help book. It is a living, breathing dissertation on how to live a full life as well as the next evolutionary step for humanity as a species. I've always felt drawn to Vito's work. Pursuing concepts to describe about consciousness alongside healing practices has been my passion. I can say that this book illuminates those areas that I've been striving to reach, and as its focus is on our daily lives, it is the most real-life applicable book that I have ever read.

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