

Book Reviews

Just Who Do You Think You Are: The Power of Personal Evolution by Alan Mesher

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Rating: ★★★★★

Reviewed by: Kimberly J. Largent

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If you feel stuck in your life, or know that you aren't in alignment with your true purpose—but you haven't a clue on how to get back into alignment, Alan Mesher's book *Just Who Do You Think You Are: The Power of Personal Evolution* is a must read.

Mesher, a brilliant soul, healer, and spiritual teacher, sets out to guide us on how to find our true selves and become the person we were meant to be. Many of us get bogged down from day-to-day living and in the process, we lose sight of who we are and what our contributions are to be. Mesher guides us on how to ditch the toxicity in our lives, how to center ourselves, and how to feel unconditional love so that obstacles that once seemed unmovable are but a pebble in the path to our personal evolution. He pays special attention to the soul and the ego, and how the latter often sabotages our efforts to find the true meaning in our lives.

Just Who Do You Think You Are: The Power of Personal Evolution will guide you through the seven principles of Negative Force, the five characteristics of a True Purpose, and the three zones of Personal Evolution. If that terminology is foreign to you, don't worry, Mesher is careful to explain each. He clearly explains the transformation in a way that makes sense to someone just embarking on the journey to finding themselves. If you've already begun your journey to consciousness, Mesher's book will affirm and reinforce what you already know to be your truth.

Midwest Book Review 04/04/04

http://midwestbookreview.com/sbw/apr_04.htm#selfhelp

Inspirationally written by Alan Mesher (a professional spiritual teacher and healer of twenty years' experience), *Just Who Do You Think You Are? The Power Of Personal Evolution* is a "reader friendly", spiritual self-help guide to healing from pain, and charting a path of personal evolution to help one better adapt and thrive despite the complexities of modern life. Employing no-nonsense terms, Mesher's *Just Who Do You Think You Are?* deftly examines the ego and offers ground breaking insights concerning the seven principles of negative force, the five characteristics of a true purpose, the three zones of personal evolution, and more. An excellent guide with a strong positive message, *Just Who Do You Think You Are?* is a welcome and much appreciated addition to the growing library of self-help, self-improvement literature.

Enlightened Practice Magazine

August/September 2004

Alan Mesher, spiritual leader, healer, and author has touched our souls once again. In his new book, *Just Who Do You Think You Are? The Power of Personal Evolution*, Alan gives clear and direct points on how to take your life to the next level of personal and spiritual growth. Whether young or old, spiritual or religious, everyone will begin to experience the bliss of finding out how, for themselves. Within these pages, you will find out why we need to take this path of releasing our negative egos, and how to do that. In the first chapter, Alan states the brutal truth: "one of the greatest tragedies of life is that too few of us accomplish what we were meant to do." But then he begins to lead us in a direction to change this fate. Throughout this guide, you will learn how to reveal your true self, release all "toxicity" from your mind, and begin to experience a "healthy ego." In addition, you are taken through the three zones of transformation—the elimination zone, the integration zone, and the elevation zone. Each zone will allow you to transcend your limitations and move forward. As Alan lays the foundation for our personal growth, you begin to feel renewed and ready to explore and embrace all that is presented to you. I recommend this book to everyone and anyone who wants to become the person they were meant to be, live the path that was chosen for them, and become clear and renewed.

Robyn Lakini Skie

Editor-in-Chief/Publisher

www.enlightenedpractice.com

Mindquest Review of Noteworthy Book and Music

Summer edition 2004

<http://www.lightwordreviews.com/MQ.html>

JUST WHO DO YOU THINK YOU ARE?

The Power of Personal Evolution

by Alan Mesher

Subject: How to grasp and embody your destiny while traversing the personal evolution thruway. A highly original book providing specific, understandable transformational steps. Author is a spiritual teacher, healer, whose clients include Academy and Grammy Award winners and a former president's family. He is past publisher of the Yoga Journal and host of radio talk shows.

Noteworthy: Among the many personal transformation books, this ground breaking work illuminates new models, both metaphysical and scientific, enabling you to "become the person you were meant to be." Example: chapter four defines the categories of toxic mobility and evaluates conscious intent for guiding each reader to the next necessary evolutionary step.

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