



I Had It All the Time: When Self-Improvement Gives Way to Ecstasy

Alan Cohen

[Download now](#)

[Read Online](#) ➔

I Had It All the Time: When Self-Improvement Gives Way to Ecstasy

Alan Cohen

I Had It All the Time: When Self-Improvement Gives Way to Ecstasy Alan Cohen

Whether you are a newcomer or a veteran on the path of self-improvement, I Had it All the Time will awaken you to a life so magnificent that you will laugh at the notion of improving what love made whole. Quit fixing yourself and get on with the life you came to live.

I Had It All the Time: When Self-Improvement Gives Way to Ecstasy Details

Date : Published December 1st 1994 by Alan Cohen Publications (first published January 12th 1994)

ISBN : 9780910367530

Author : Alan Cohen

Format : Paperback 318 pages

Genre : Self Help, Spirituality

 [Download I Had It All the Time: When Self-Improvement Gives Way ...pdf](#)

 [Read Online I Had It All the Time: When Self-Improvement Gives Wa ...pdf](#)

Download and Read Free Online I Had It All the Time: When Self-Improvement Gives Way to Ecstasy Alan Cohen

From Reader Review I Had It All the Time: When Self-Improvement Gives Way to Ecstasy for online ebook

Elizabeth says

What a joy! Reinforcement of the head-knowledge that I am already enough, do enough, am good enough etc... - contiinuing to lose the old storylines of looking outside myself for authority, validation, self-definition, etc etc,etc...vs. the wisdom and beauty that already resides within only waiting for me to uncover and recover it,dust it off, and live tenderly into it...

Angel says

Loved it!

Carla Natali says

I loved this book. It spoke to me and it had me listening (which is pretty unsual for a "self improvement" book), I usually find this kind of book manipulative in a way that all I can read is between the lines, where the author declares himself your savior and encourage you to recommend his book to everyone, with no exception!

This one was different, uplifting and inspiring, but of course it has a lot to do with what resonates with you.

Alexis says

I am a self-improvement book junkie. This was one of the best I have ever read. All the guidance and wisdom you ever need is within you. Loved it.

Jayaram says

Eventhough his other book "The Dragon doesn't Live here Anymore" is lauded a lot, I find this his masterpiece..the only SELF-MANAGEMENT book which tells you to change nothing in your life!

David Davis says

I wrote this short review on Amazon.com back in 1999. Alan contacted me and sent me an autographed copy. Such a cool dude. :)

"The Best Book of all time! The end-be-all self help book. Cohen is the MASTER. :) If you're looking for

help, here is a one stop shop for understanding who you are."
