



The Subconscious: Your Port in the Storm

Felicia Drury Kliment

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Life is a constant process of growth: evaluating what you've done, noting your mistakes, making the necessary adjustments, reevaluating, and starting all over again. Throughout this cycle, the "person" that can help you out the most is within you—your subconscious. In *The Subconscious*, author Felicia Drury Kliment brings to light the undiscovered aspects of the subconscious, considering why its judgment is wiser than that of the conscious mind and under what circumstances the subconscious is most likely to transmit its advice. Sharing enlightening stories about how people have found ways to use their subconscious, this study seeks to help you find your life's partner, select the career you're meant for, succeed in the workplace, let you know when your fears are groundless, improve your speaking and writing skills, and do away with depression, anxiety, and obsessive compulsive disorders. Kliment shares with the reader the amazing power of the subconscious and shows how you can open up your mind.

The Subconscious: Your Port in the Storm Details

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Lexxt says

First off, I got this book for free from GR First Read program.

I would have liked to like this book. The topic (of the subconscious) is fascinating to me, and I'm somewhat familiar with some of the facets (for lack of a better word ... or perhaps manifestations?) mentioned in the book, for example medium and foretelling. (Not to say I have first hand experience in those, but I've read quite a few parapsychology books). With that background, I have to say I was somewhat let down by this book. Sure, it has a ton anecdotes, one more promising than the other about what the subconscious can achieve for you. But here I have to keep a neutral (read: skeptical) mind, and I don't find many of the examples convincing. Very often, you read about an anecdote (many of them are from someone with just a first name - I have no clue if they're even real, let alone a verifiable reference). And then you're presented with a affirmative statement that somehow involves your subconscious. For example, there's a number of pages on "meaningful coincidences". They're amazing alright, but what does that have to do with your subconscious? How do you exactly get "coincidence" to happen? Or someone who is obese and depressed suddenly turn herself around and exercise and lose weight. What part of it was due to her subconscious, and what part was due to her one day waking up and feel "I've got to stop this"? Mind you, the later scenario does play out a lot in the real world, and I'll be really hesitant to chalk all of that to a subconscious decision.

One thing that is sort of lacking from this book is some kind of suggestion or recommendation for readers if they want to harness the power of the subconscious (since the many anecdotes imply that that it's really powerful). Here the only suggestion I can see is "forget about it", in other words just stop thinking about the problem altogether. Uh, sure, but isn't that called procrastination? I mean I'm sure there are a lot more people who neglect a task and run into trouble for it than there are who somehow got magically inspired to a wonderful solution. This is where the anecdote-based approach of the book is showing its weakness, because while you can easily pick 10, 100, 1000 examples of magical things happening out of nowhere, in the real world there are millions of occasions where nothing magical happens, and you'll hear nothing about it. Is there really a difference in behavior between the people in the two groups? Are everyone in the "real world" group just not getting the help from their subconscious?

To sum up, I'd recommend this only as a first book if you don't even know what "subconscious" is supposed to mean, and want to have a general idea what kind of thing in your life your subconscious may play a role in. If you're already past that step and want to know the answer to "OK, I'm intrigued, what's next?" then you'll better off reading something else. (Not that I know what "something else" would be specifically, unfortunately.)
