



# **The Book of Knowing and Worth: A Channeled Text**

*Paul Selig*

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**The Book of Knowing and Worth: A Channeled Text** Paul Selig

The third in Paul Selig's popular "I Am the Word" channeled literature series, *this* extraordinary psychological-spiritual guide addresses how to overcome low self-worth and claim our true purpose as individuals.

**Winner of the 2014 Nautilus Award represents "Better Books for a Better World"—the Silver Award in the category of Religion /Spirituality: Other Traditions.**

In his third channeled text, Paul Selig—acclaimed author of *I Am the Word* and *The Book of Love and Creation*—brings us his most practical message yet.

Informing us that "you decide what you are worth," Selig's spiritual guides take readers through a program to understand our own inherent worth, and beat the fears that drain our inborn spiritual knowing..

Selig reveals that true understanding of our life's purpose can be found through "service"—the practice of the thing that you most love. Readers can discover their own form of service through this powerful mantra: "I know who I am, I know what I am, I know how I serve."

## The Book of Knowing and Worth: A Channeled Text Details

Date : Published December 26th 2013 by TarcherPerigee

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Author : Paul Selig

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# **From Reader Review The Book of Knowing and Worth: A Channeled Text for online ebook**

**Barbara M. says**

**Yes**

This is more than reading a book. Each one who chooses the experience will change. The change is worth the effort.

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**Britt Reints says**

**Powerful**

This book was delivered with remarkable intuition. Every time a question arose, the answer was there. It is one to read over and over.

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**Anastasia says**

Definitely valuable and probably changed/is changing my life for the better, so very grateful for that.

I found the language/phrasing really convoluted and tending toward the archaic, so it was sometimes a bit of a slug to really get into it and get the meaning.

Started this as an audiobook in October (finished reading the printed version a couple of months later).

Narrated by the author. It's a lot easier to listen to him read this than when he's doing the channeling live. I'll give him a 5.

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**Cindi says**

Read this when you are ready, I found this book very helpful.

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**Alesa says**

I cherished every word of this book. There's no way to describe its impact on me. Can't wait for the next book in the series to come out around Christmas time.

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## **Talla says**

I found this book intriguing in a different way. I have never read a book like it and would recommend it to those who have an open mind. Selig's ideas are quite different and may be helpful and insightful to those interested in reading this book. It was a fluid and easy read, the content was a bit difficult to navigate but this is because it was third in a series that I had not yet read.

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