



The Choice

The Arbinger Institute

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This handbook, and the class that is built around it, explains for a general audience the solution to an age-old problem in the human sciences. This solution calls into question many widely accepted beliefs about human behavior and relationships.

The Choice Details

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Author : The Arbinger Institute

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From Reader Review The Choice for online ebook

Jill says

This is a great companion book to the Anatomy of Peace, also put forth by the Arbinger Institute. I really love how clearly they allow the reader to see faults in him/herself (the real ones, not the martyring kind) and gives hope and direction for a lasting and fulfilling change. This work summarized the principles of their program - it reads very quickly - it's several thoughts on a page - not a real story or even a self help book. It reads more like a compilation of thoughts.

Kaylee says

Amazing book, very deep, very self finding book. I recommend it to everyone

Jodi Escalante says

The Choice seminars have deeply affected my life. But it has been years since I've attended a workshop, so I wanted to pick up the book for a refresher. I definitely took more away from the workshop than just reading the book. So find someone/a group to read this with. Then you can really ponder and identify with the principles at a deeper level. Easy read. I just read it sporadically so I could ponder the principles.

Julie says

I want to submit a summary of this book first and then I will come back in and submit my response:

The Choice, by the Arbinger Institute is a refreshing new approach to self-betterment. It puts the responsibility back onto the right person, ourselves. The authors attribute our responsiveness to others or our desire to serve others as the deepest sense of what is right. When we feel to assist another and follow through we are showing responsiveness. When we resist the feeling to help others, we betray ourselves and become resistant.

The book is founded upon our view of how we see people. When we are responsive, we see others as people and when we are resistant we see them as objects. Seeing others as people we are seeing them truly and thus we are true to ourselves. Perceiving others as objects we are resistant to their reality and see them falsely, consequently we are false.

Seeing others falsely, we resist them, thus we do wrong, then we seek to be justified, then we begin to see "a world that makes the wrong seem right." The consequences are numerous when we are resistant. We find fault and place blame on others; self-betrayal magnifies others' problems; seeing falsely we walk in darkness; and finally we become consumed with self.

The authors touch on some widely accepted behavioral views such as Psychodynamic Tradition, behaviorism, humanism, and cognitive theory teaching that they all have one thing in common: helping people to cope in a resistant, self-betrayal state. Their response to these popular views is that we must change to be responsive and that the only way to change from resistant to responsive is to forget ourselves in the service to others.

Christy says

The choice is a very concise short book, maybe even a pamphlet. It is spiral bound and can only be purchased through Arbinger. It was published in 1998, coming before all the other great books from Arbinger like Bonds That Make Us Free (2001), Leadership and Self-Deception and the Anatomy of Peace.

The Choice is without the stories found in the other 3 books and a great intro and/or review of the principles taught by Arbinger. These books are an instruction manual for life and a must read for everyone trying to "get it". Reading only The Choice isn't enough, one needs to study further to see the principles applied and expounded upon. When one "gets it", it's a huge "ah ha!" moment... "oh, you mean live that gospel, why didn't you say so!"

Also great books by a related author are The Peacegiver and The Holy Secret.

Shaik says

If there is one thing that I remember from this book, it is "I am not the teacher, I am here to learn".

Anthony Meals says

Powerful book, with deep implications and practices for learning. Highly recommend it for those interested in the purity of learning and connecting with our inner teachers.
