

THE TALKING STICK: Exploring Life's possibilities

by Andrew J. Pike

SYNOPSIS

Inspired by the tool used in many Native American traditions when a Council is called, allowing Elders to express their Sacred Point of View, *The Talking Stick: Exploring Life's possibilities* is a collection of insights into different areas of life and what is possible when life's possibilities are fully explored.

A must-read for seekers, coaches and anyone wanting something more from Life, the book offers insights and inspiration to support readers to live every part of their lives holistically, consciously, with purpose and proactively.

The book is underpinned by a theme of conscious, purposeful, congruent and spiritual living in everything that we say and do, so that readers are inspired and supported to:

- be the best they can be in everything that they do;
- embrace Life just as it is presented to them, warts and all and whether they like what is presented to them or not;
- explore every possibility which presents itself from moment to moment;
- get in touch with the spiritual essence of who they really are.

Andrew Pike shares his insights into various areas in his life such as money, careers, health, spirituality and creativity and also offers practical exercises and tools which enable the reader to explore his or her own life.

Andrew has been on a journey of self-exploration and discovery for the past 25 years, learning about the way the mind works, his own spirituality and seeking meaning from his life experiences.

Through the sharing of his own experiences as an attorney, businessman, father and spouse, the spiritual journey of his lifetime and his experience as a trainer and Life and Executive Coach, Andrew conveys to readers in understandable and experiential language all that they need to live fulfilled and purposeful lives.