



The Quest for Authentic Power: Getting Past Manipulation, Control, and Self Limiting Beliefs

By G Ross Lawford

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The prevailing view of power is defined by authority, control, strength, and status. But G. Ross Lawford argues that power based on this model is not only invalid but is short-lived, ineffective, and often illusory. *The Quest for Authentic Power* shows that by adopting new ways of thinking about power, individuals can achieve authentic power based on the ability to inspire.

The author suggests that real power is gained not by egogenerated thoughts but by integrating the capabilities of the mind with the wise direction of the heart. Drawing on spirituality, psychology, theology, and business practices, he illuminates his life-transforming theory: changing one's beliefs about power alters virtually every aspect of how one relates to situations and to people.

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The Quest for Authentic Power: Getting Past Manipulation, Control, and Self Limiting Beliefs By G Ross Lawford Bibliography

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Editorial Review

From Library Journal

Initially, these titles seem dissimilar, but they actually bear a striking resemblance to each other in tone and approach, at times seeming interchangeable. Intuition's subtitle is telling: the book concerns unlocking one's inner guidance via yoga. Notes Walters (*The Promise of Immortality: The True Teaching of the Bible and the Bhagavad Gita*), "Intuition is the innate ability in everyone to perceive truth directly not by reason, logic or analysis, but by simply knowing from within." One taps intuition, which according to the author is deeper and purer than mere logic, by exploring the ill-defined "superconscious" mental state, which resembles a state between sleep and wakefulness. Purposeful writing encourages patience, persistence, and consistency; initiates should seek "calmness, clarity, and joy. Intuition is always based in a deep sense of calmness and detachment." As a biochemist (Univ. of Toronto), Lawford makes a strange proponent for mysticism, yet here he claims that we seek what he calls "authentic" power, a state in which each person is "in harmony with the deepest values of his or her soul." This liberates us from the conventional power of others. Despite Lawford's very personal, workmanlike approach, it feels as if he were rehashing how to redefine one's environment. Neither Lawford's nor Walters's book has broad appeal, and only very large libraries or those with specialized self-help collections should consider. Instead, try Pema Chodron's *When Things Fall Apart*, which advocates inner peace via meditation, or Douglas Bloch's helpful and more mainstream *Listening to Your Inner Voice*, which combines meditation and exercise.

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Review

A thoughtful and practical treatise on real power. Too bad the leaders of Enron, etc. did not read this book. -- *Orange County Register*, July, 25, 2002

A wise and thorough examination of a whole new way of thinking. -- *NAPRA Review*, November/December, 2002

As valuable as a business handbook as it is as a classic self-realization manual. Clear, concise and inspiring. -- *New Age Retailer*, November, 2002

Cutting edge book ... provides practical pointers for achieving your deepest desires without manipulation, coercion, or intimidation. -- *New Equipment Digest*, September, 2002

Lawford reframes the concept of power, leaving behind its Machiavellian connotations for a more synergistic, internally generated way of leading. -- *Baltimore, MD Daily Record*, July 18, 2002

From the Publisher

G. Ross Lawford's book *The Quest for Authentic Power* won the 1st place gold award in the Self Help/Psychology category in ForeWord Magazine's Annual Book of the Year Awards at the BEA last week held in Los Angeles.

Users Review

From reader reviews:

Denice Cooke:

Now a day those who Living in the era wherever everything reachable by connect with the internet and the resources included can be true or not require people to be aware of each info they get. How a lot more to be smart in obtaining any information nowadays? Of course the answer is reading a book. Looking at a book can help people out of this uncertainty Information particularly this The Quest for Authentic Power: Getting Past Manipulation, Control, and Self Limiting Beliefs book as this book offers you rich facts and knowledge. Of course the data in this book hundred per-cent guarantees there is no doubt in it everybody knows.

Doreen Williams:

Reading a book tends to be new life style in this era globalization. With reading through you can get a lot of information that may give you benefit in your life. Having book everyone in this world can share their idea. Guides can also inspire a lot of people. Many author can inspire their very own reader with their story or their experience. Not only the storyplot that share in the books. But also they write about advantage about something that you need illustration. How to get the good score toefl, or how to teach your children, there are many kinds of book that you can get now. The authors in this world always try to improve their ability in writing, they also doing some investigation before they write with their book. One of them is this The Quest for Authentic Power: Getting Past Manipulation, Control, and Self Limiting Beliefs.

James Fong:

Spent a free time and energy to be fun activity to accomplish! A lot of people spent their down time with their family, or their very own friends. Usually they undertaking activity like watching television, gonna beach, or picnic within the park. They actually doing same thing every week. Do you feel it? Do you want to something different to fill your free time/ holiday? Could be reading a book might be option to fill your free time/ holiday. The first thing that you will ask may be what kinds of reserve that you should read. If you want to test look for book, may be the book untitled The Quest for Authentic Power: Getting Past Manipulation, Control, and Self Limiting Beliefs can be great book to read. May be it might be best activity to you.

Francis Gibbs:

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