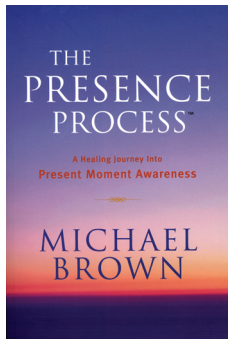


## Reviewed in *National Review Network* – Fall 2006



### **The Presence Process**

**Michael Brown**

\$19.95 QP, 0-8253-0537-3, 6 by 9 inches,

Namaste Publishing, 604/224-3179,

[www.namastepublishing.com](http://www.namastepublishing.com)

In this extraordinary book, Michael Brown shares his profound personal experiences, insights, and transformation into present-moment awareness to help others become fully present in their own lives.

After suffering for years from a painful neurological condition, and finding no cure through traditional and non-traditional healing practices, Brown began his own self-healing journey. His experiences led him to discover the presence process, a way of being that profoundly changed his life. Brown helps others return to their authentic state of spontaneous joy and creativity.

*The Presence Process* is not a quick read. Every chapter has concepts that require contemplation and absorption, and includes meditations and exercises to guide readers on their inner quest. The author suggests that each method be practiced for seven days before progressing to the next one, allowing time for new techniques to become habit.

*The Presence Process* is a refreshing approach to personal empowerment that will be enjoyed and treasured by novice journeyers and those already committed to the path.

Cathy O'Connell, Ph.D., Conscious Journeys  
Palm Springs, Calif.