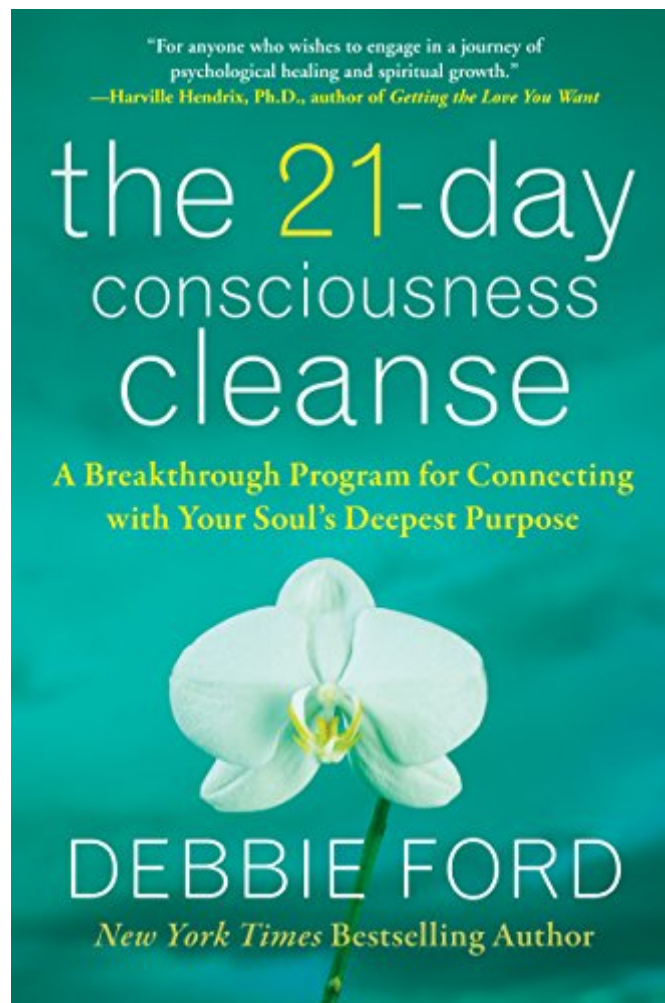


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The 21-Day Consciousness Cleanse: A Breakthrough Program For Connecting With Your Soul's Deepest Purpose



Synopsis

In *The 21-Day Consciousness Cleanse*, Debbie Ford delivers her most practical and prescriptive book yet—a 21-day, life-changing program for spiritual renewal, emotional transformation, and reconnection with the soul's deepest purpose. Ford, the New York Times bestselling author of *Why Good People Do Bad Things*, offers a unique program designed to clear our minds and hearts from the negative thoughts and feelings that build up over time and too often guide our decisions and behaviors.

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Customer Reviews

Every time I think it isn't possible to take a complex concept and idea and make it simple and understandable, Debbie Ford writes another book that shakes the foundation of human understanding on that topic. Consciousness has been discussed for years but no one has ever given a simple formula for raising one's consciousness in a structured and planned way. Debbie's books, movies and training programs are changing the way the world looks at transformation and personal development. This book is full of clear internal exercises and tools to raise your vibration

and make a huge change in how you see the world and operate in it. I highly recommend this book.

A step-by-step approach to ridding yourself of negative and toxic thoughts, patterns, actions, beliefs, and whatever else is holding you back from being your most complete, with the help of what I call your Source and what Debbie calls God. Her take on cleansing your consciousness of negativity is clear and meaningful, but her style may turn off some readers. For instance, heavy use of the language of addiction and recovery, taken from AA and such. Also, many formal prayers using "thou" and "thy," which may work for some people but is too prim and proper for my taste. But her deep passion for God and her great respect for her readers shines through ~ this could be a life-changing book for someone who's new to going within, is feeling utterly stuck in life, or has lost faith.

I like this book and think that it is very useful. The pages between the chapters with lists of questions are not very useful, most of the time I can't figure out how to incorporate them even though there is an explanation at the beginning. The book is full of important questions to ask yourself. Day 3 was very difficult to do, but I feel like a mountain fell off my back! The only thing that I feel was a let down was the day on Forgiveness. That could have been a deeper, more thought provoking exercise. That could have had a meditation on how to forgive others AND oneself, but it didn't. I didn't feel like I could proceed well without that. A friend read me meditations from another work of Debbie Ford, which was helpful. It is worth doing in any case.

On every single page I felt Debbie was talking to me. She had me nailed. I live in my outer consciousness. I dwell on the past. I live for the future. I hurry through the present. I've done physical cleanses to detox my body, and Debbie created a detox for the mind and soul. I did the 21 days with a buddy and we checked in every day. We both saw major shifts. Now I'm doing it for the second time. This is one of the most profound and practical books I've ever read and experienced to make an absolute major and lasting change from focusing on what's not working to creating what we want. By paying attention to our inner thoughts and feelings we open the door to a higher consciousness, a place where answers are effortless and struggle dissipates. I'm sure we all yearn to let go of struggle and open up to ease and peace and joy. This book is the way. Follow the 21 day thoughtful, profound exercises and open up to a whole new you. Thanks Debbie! Andrea Susan Glass

Starting out on the Consciousness Cleanse, I was excited. While cleaning out my garage, I'd found a blank, leatherbound journal which I took to be a good omen. The first day, I followed the cleanse instructions, carefully cutting out pictures of my dreams and goals and double-side-taping them into the journal. But, on the second and third days I kept stumbling over two things: 1) the constant references to cleansing your soul and letting God come in; and 2) a focus on consciousnesses with lots more anger and feelings of hurt than I have. I'm not really upset at anybody in my past.....I wanted to build on my mostly solid foundation and overcome some of my weaknesses. The 21-Day Cleanse wants to help people who are really damaged, it seems to me. I'll probably go back and re-attempt the cleanse again (I do have that lovely journal, after all!) but I did find all the talk about God and about toxicity to be off-putting.

Debbie Ford's work and previous books have always come from a distinctly spiritual perspective, yet one generally tempered with the language and accoutrements of the personal development world. But with the 21-Day Consciousness Cleanse, she steps out of the spiritual shadows, clearly and overtly calling on people to recognize, seek and surrender to the Divine presence that exists in, around and through us all. Ms. Ford is a master at developing and guiding people through transformational processes. This book is another shining example of the depth and effectiveness of her process work, reverently, compassionately and lovingly delivered. With the 21-Day Consciousness Cleanse, she offers us all a simple to follow, three-week process for cleansing our minds and hearts of the toxicity of day to day life in this technology driven, ego saturated, relentlessly negative world. She guides us to reconnect with the phenomenal wisdom and comfort of our souls, while consistently nurturing ourselves emotionally, spiritually and physically. The exercises, tools and day by day structure provide an easy to follow method for opening to and cultivating the ultimate love relationship - that between ourselves and the divine. As Ms. Ford asserts, there's nothing that can compare to that.

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