



All About You: The Journey From Ego To Awareness

John O'Flynn

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All About You: The Journey From Ego To Awareness John O'Flynn

In ALL ABOUT YOU, (The Journey From Ego To Awareness), John O'Flynn puts the dreaded Ego under the microscope and dissects the tentacles of its bondage. As an empirical study, it reads like a page turner, drawing the reader into the simple, acute awareness of how the mind can torture through untamed emotions... how needless dependencies and the ever-demanding voice of your 'inner critic' can prevent you from being the person you would like to be. You want to learn how to be happy, relaxed, be yourself..? ALL ABOUT YOU will surely lead you on the path to knowing and accepting yourself, perhaps for the very first time! John O'Flynn is an actor, opera singer, producer and Cognitive, Behavioural Hypnotherapist. A life-time in theatre, (a prime breeding ground for the Ego), has well prepared him for the unmasking of this universal complaint.

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