

Ask Yourself This: Questions to Open the Heart, Expand the Mind and Awaken the Soul
What others are saying...

There is an inner guide within all of us that mirrors the wisdom of the universe. Asking the right questions and letting them incubate in consciousness spontaneously moves us into the answers. Read this book and you will begin an adventure of discovery and transformation. **Dr. Deepak Chopra, best-selling author**

On these pages are potent tools for discovering your inner greatness, along with the inspiration and motivation to propel you into a life of authentic being. Wendy's mindful, approachable work is filled with valuable exercises making this a book that will guide its readers on their journey from limiting thought forms to self-empowerment and self-love. **Michael Bernard Beckwith, author** of *Spiritual Liberation: Fulfilling Your Soul's Potential*

Wendy Craig-Purcell is a teacher's teacher who helps you tap into your personal wisdom, unlock your *own* answers, and create an authentic and purposeful life. Her book is entertaining, inspiring and thought-provoking and will transport you miles ahead on your spiritual path. You will be amazed at your own stunning reflection as you answer these stimulating questions one by one. **Jan Phillips, author** of *The Art of Original Thinking: The Making of a Thought Leader*

We're living in the age of the spiritual quest and multitudes are scanning the horizon in search of the passion they crave in their lives.... *Ask Yourself This* is a guidebook for those who understand the distinction between spirituality and religion and are choosing to create spiritually-inspired lives. **Jan Phillips, author** of *The Art of Original Thinking: The Making of a Thought Leader*

It's an introduction to a spirituality of joy and rejuvenation, a road map to the treasures of the inner terrain.... *Ask Yourself This* guides people beyond the surface of inherited beliefs and into the depths of a self-determined faith—a journey that unleashes revelatory wisdom, creative passion, life-altering commitment. **Jan Phillips, author** of *The Art of Original Thinking: The Making of a Thought Leader*

Wendy Craig-Purcell ... a consummate story-teller brings compelling, personal and poignant anecdotes to each chapter. Her writing is light-hearted, her wisdom deeply rooted, and her experience deeply mined. Each story reads like a modern day parable, and the book, incorporating ideas of mystics and sages from a variety of traditions, reads like the ongoing revelation that it is, adding to the canon of prophetic texts...The jewels tumble out of the pages like gems from a velvet pouch. **Jan Phillips, author** of *The Art of Original Thinking: The Making of a Thought Leader*

In this book Wendy offers us vital guidance in realizing our full potential self—how to connect our Soul’s destiny with the emerging world. The essence of the message is that within each of us is an inner genius, the divine essence of the Life Force itself that is now pressing us to be more, to do more, to grow. No matter where we are in our journey, at whatever age or stage, this genius within is arising in all of us, and calling us to a fuller expression. **Barbara Marx Hubbard, futurist and author of *Conscious Evolution***

A motivational book in its truest sense - it will get you moving. Wendy's book takes you by the hand, and with its challenging and thought-provoking questions, gently but steadily pushes you along your path until you are ready to be "drawn forward by your brilliance." **Hal Dunning, Chief Operating Officer, Chief Financial Officer, Barney & Barney, LLC**

Bravo! Wendy reminds us that our best answers arise by asking our self the right QUESTIONS. The practical suggestions, stories and humor bring lightness and fun to a deeply layered subject. **Cynthia L. Henson, CEO, Henson Consulting Group**

Wendy offers a sensitive and caring way to look at ourselves through asking important, practical questions that really count towards accelerating personal growth. I especially liked the many interesting and inspirational stories used to paint a picture of each question asked. ***Ask Yourself This*** goes straight to the heart. **Howard Martin, co-author, *The HeartMath Solution*, Executive Vice President, HeartMath LLC**

Once I started reading ***Ask Yourself This*** I couldn't put it down. In a time of massive cultural change, of shattered beliefs of security and impermanence, this book helps us to find a deeper security and encourages us to ask new and different questions, questions which may lead to different answers. Whether you are just beginning a path of inner exploration or are well on your way in your lifelong journey of transformation, you will find this book stimulating, revealing and uplifting. It is a MUST read! **Jeanne Anthony, LCSW, author of *Everyday Heroes***

We are led to the intersection of our hearts, our minds and our souls—the sacred place where the deep meaning of our lives can be found and where our divine nature is fully revealed to us and brought into sharper focus. ***Ask Yourself This*** holds the potential of helping us open new pathways for a truly transformative life experience that can bring us to new levels of spiritual actualization. **Dr. Judy Mantle, Chair of Department of Learning and Teaching, University of San Diego**