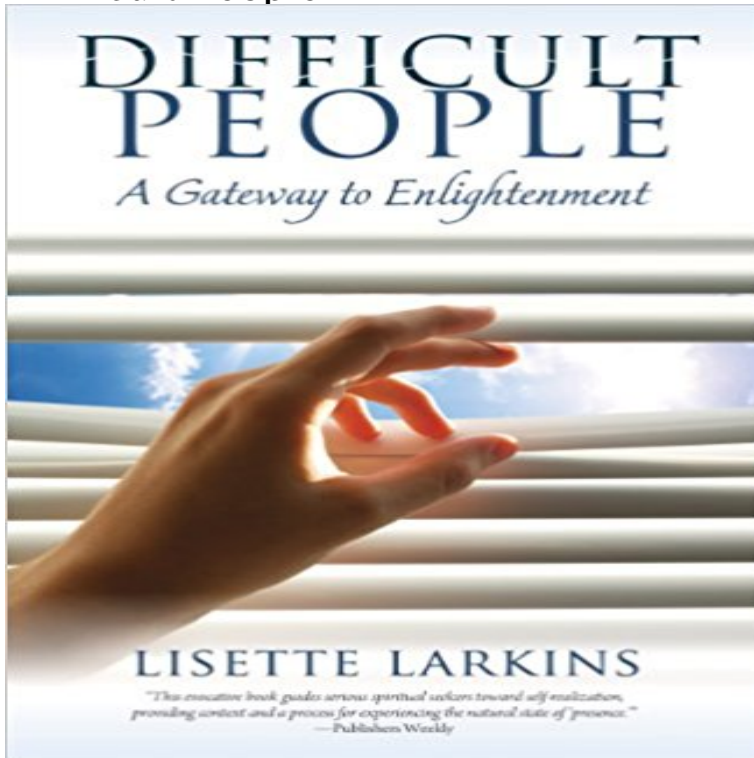


Difficult People



This book serves as an alarm clock. Its not that youre running late, its just time to wake up, because youve been asleep long enough. Difficult people (DPs)those easily agitated, overreacting, chronic complainerscan test our patience. Larkins (Calling on Extraterrestrials), an authority on encounters with extraterrestrials, makes a radical life change and becomes a caregiver for a woman with Alzheimers, who is a classic DP. A lifelong practitioner of stilling the noisy mind, Larkins realizes her aggravated reactions to the clients outbursts mirror the offending behavior. Renewing her commitment to achieve full awakening, and with her client as the perfect spiritual teacher, Larkins observes how the DP patterns and mechanics of mental chaos reflect a culturally normalized resistance to what is, creating suffering and blocking spiritual growth. Larkin transforms her consciousnessand caregivingto a nonreactive, chronic state of well-being by gradually becoming more aware of the peace and stillness already in the present moment. This evocative book guides serious spiritual seekers toward self-realization, providing context and a process for experiencing the natural state of presence. Publishers Weekly What if we could use the difficult people in our lives to learn how to live in the moment? Difficult people have been for most of us the bane of our existence. They annoy, hassle, and irritate us and provoke various degrees of unhealthy reaction. What few of us have realized is that they also mirror our own dysfunctional mental states and provide an opportunity to heal them. In Difficult People, Lisette Larkins tells how providing care for an Alzheimers patient clearly showed her the inherent resistance in the way every mind objects to what is. Its the root cause of all our anguish and mental suffering. By observing its operation in her difficult person, the author clearly saw the same mechanism alive within herself. The

result is an intensely personal exploration of how everyday problems and the DPs in our lives can act as a catalyst for spiritual awakening. For Lisette Larkins, it was by being totally present and non-reactive that she could provide her patient with the needed care. This eventually became for her a chronic state of well-being, one which we can all attain by practicing presence. LISETTE LARKINS has had extraordinary paranormal experiences since childhood. Their import was to reveal to her the possibility of a chronic state of well-being. She has published three books about these experiences, but it wasn't until she discovered the work of Eckhart Tolle on being present that a clear path presented itself. She began to apply these principles in her work as a publishing sales director, author, and spiritual guide. Stymied, she was guided in 2007 to take a job as the caregiver of a late-stage Alzheimers patient, an experience that pushed her into a permanent state of presence, and allowed her to formulate the principles expressed in *Difficult People*.

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Difficult People

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