



Steering by Starlight: Find Your Right Life, No Matter What!

Martha N. Beck

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Steering by Starlight: Find Your Right Life, No Matter What! Details

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Nerissa Nields says

This is, up to now, my favorite of Martha's books. She trained me as a life coach, and I think she is brilliant and hilarious. I have read almost all of her books. I am reading her latest, Wild New World, right now, and I like it even better than this one. Full of practical wisdom and steps to take to master your thoughts and change your life.

Sharon says

Wow.

Just ... wow.

This is by far one of the most helpful coaching books I have read. Sociologist Martha Beck, with her characteristic good humor, provides more insight and advice on how to get to your life purpose. She clearly explains the importance of the work, and how to recognize when you're on the right path.

I laughed, I cried, I recognized myself in the pages. Suffice it to say that I found this book so profound that I wrote a thank-you note to Dr. Beck when I finished it. I will be using these tools for a long time to come.

Sharon says

The premise is good, but she lost me. Towards the middle I wanted to be done with the book, then towards the end it is all about her. So, I still don't know what to do with my life!

Fee says

I like Martha Beck's articles a lot because they combine personal notes with practical advice. This book does the same. However, the advice was a little too far out there for my taste. The first few chapters are great, but in chapter five readers are supposed to analyze their dreams. (not the daytimes ones) Then there is a chapter with Beck's version of 'the secret' and a later chapter describes the miracles readers can expect. I am sure all of this will be very inspirational for some, but not for me.

John Stepper says

"I have to warn you," said the woman who recommended this person to me. "It's a little woo-woo."

I should not have liked this book. It's mystical and tries to be funny and there aren't nearly enough footnotes

and ... I loved it.

The ideas, the stories, the writing style. Excellent. In addition to being a joy to read, the book changed how I think which is perhaps the highest praise I can give.

JayeL says

I wasn't able to finish this book. I think it is an interesting book, but I have too much self help on my hands right now and can't focus on the exercises the way I would like to. I am not a self help book reading kind of person, so in some ways I can't believe I even attempted to read it. I think that there are some excellent exercises. They seem to be easy, but when I tried them, they were harder than I thought.

♥ Ibrahim ♥ says

I like her quick wit, her being real, her charming sense of humor, her nuggets of wisdom. Frankly she has done for me much more than any of the books, theological books I might add, that I am planning on getting rid of soon. I love reading her and I can read her again and again with great relish and enjoyment. I can relate a lot to her in many ways.

Deanna says

Probably my favorite Martha Beck, who is always on my re-read cycle

KC Anton says

I skimmed this one as a comparison for my own work interest. She is coach of more then a decade. She works from a very "scientific method" mode; if the five senses are not involved neither is she.

Starting here she moves into talking about things like "abundance,""manifestation,""intuition" with out using any of these words. So it is informative and wordy at times due to not wanting to use any spiritual key words to thus sound more business-like.

Her methods and techniques are very good for opening awareness and understanding of conceptualizing goals in order to attain them. Old stuff for anyone around "spiritual law" concepts. Yet she develops them in a a great means of potential building which leads to the top of the roller coaster which of emotional impact to being open to feeling your experience of manifestation. If you are not used to feeling things, which folks picking this up probably will have difficulty with, she tries to take you to the top hill of the to roll down...you will still be scared stiff as you feel your life making changes. So there' the warning label for you. If you don't want to change...don't read.

blessings,
kc

Rebecca Waring-Crane says

Martha's voice snagged me as I skimmed through an Oprah magazine in a waiting room several months ago. Her humor, intellect and sensible approach to life permeate her writing. I was hooked.

I borrowed this title from my library system and worked through the journaling with a large dollop of skepticism. But again and again her matter of fact, simple (not easy) methods for moving toward my "north star" made sense. Her passing observation about the "empty elevator" rang so true it brought me up short. I laughed out loud as she described her dog's reaction to a garden statue. Before reading to the end I ordered a copy of my own (hurrah for Better World Books!). I want to read it all again and mark up the good bits.

Ileana says

One of the best self-help books I have ever read. Martha Beck is such an amazing writer and life coach. She does not disappoint with this gem. Lots of practical advice on how to steer your life by starlight.

"If you move toward freedom by saying and doing what is most honest for you, the result may be a beautiful, magnificent life of petting the dog, waiting tables, getting your teeth cleaned. This can be mind-bogglingly wonderful. "ordinariness," which our culture tends to see as disappointing, is considered the highest manifestation of enlightenment in many other belief systems."

Chris Blocker says

I'm not much for "self-help." It's not my passion; because of this, I rarely buy into it. If the girl on the cover really knows what it takes to be a millionaire, why isn't she one? And if that guy is *truly* happy, why does he hide behind the face of an action figure? Wait, that isn't plastic, that *is* his face!!! All kidding aside, it's just not my thing. Enter Martha Beck.

Martha Beck has come with high recommendations for years. Her angle, paraphrased: "You probably aren't doing what you want to do in life... why the hell not?" She doesn't tell you what it is you want to do, or how to do it; rather, her method allows for self-discovery. It's a message I like, and one that I, along with everyone I know, struggle with.

I don't know how to rate a self-help book and I'm not going to try. *Was it helpful?* Maybe. I'll let you know in a year (or five, ten...). *Did it change my outlook?* Certainly. Beck knows her stuff. No exaggeration, I was going through the steps Beck said I would go through before she said I would. The day following life changing circumstances, I read how the process has begun and how changes were around the corner. Hours after I woke from a vivid dream, heavy in symbolism, I found myself reading about how my dreams would reveal my purpose. Her method for decoding dreams was unique, but so much more logical than other methods. *Will I take her advice?* I'm going to try to as much as I can. I cannot throw caution completely to the wind, jumping from the ledge of my life and hoping to land in that traveling circus I've had my eyes on, but I'm going to do what I can to move in that direction as quickly as possible. And I'm not going to be overly cautious either; I will walk along that edge until the moment I see a tent or an elephant below me, then I'll jump and just hope it all works out. So, yes, I buy into it.

Did I enjoy the read? Not really. Beck ensures the reader that all the examples used are true, but I couldn't help but wonder if some were exaggerated a wee bit (or of gargantuan proportions). Beck tries to be funny and, well, honestly, she's just not funny to me. (Sorry, Martha.) She's also conscious of not bogging down the book with too much jargon, but it felt like too much to me. In the end, it was still a self-help book.

Final Verdict: Insightful? Yes. Helpful? Possibly. Enjoyable? Not really.

Carolyn Hill says

I love Martha Beck. Besides being an enviably wise woman, she's very funny. If I could hire a life coach, I'd want her. Though some of the material in this book is not really new, she presents it in her own fresh way. Like many, she advocates visualization meditations and she is indebted to the work of Byron Katie and others, but her explanations and illustrations with her own clients, as well as her own life, and her humorous and unique perspective make the examination of one's psyche less daunting. She has a great way of helping the reader detect their own imprisoning stories and mental constructs. I loved her explanation of the lizard brain, and the inner lizard versus the inner wizard. I'm better at recognizing those fear-based thoughts, now, and realizing, 'oh, that's just my inner lizard talking.' One needs to take time with this book and do the exercises. Not every part may be relevant to everyone (fortunately, many of us aren't dealing with dark arts practitioners, otherwise known as crazies, in our lives), but I think everyone could come away with something valuable from this book. I highly recommend it.

Victoria says

I listened to this book on my commute and I liked it a lot. It has a very structured approach to working through your ego and connecting to your Higher Self in a very workable format (at least for my brain). The metaphor of the Stargazer is very symbolic and helps to keep the focus on the Higher Self... The second chapter on the Reptilian Brain brought a lot of light into my primal fears...

It is definitely a book to "work through", not a book to just read... the information without the exercises would be just more junk for the left brain... She has a nice way of integrating other authors as Byron Katie and Eckhart Tolle and making a reasonable path... sort of a step by step de-cluttering and disarming of our ego and personal stories so we can connect to our Stargazer... very, very nice...

I have actually enjoyed very much listening to it, as she is a very capable and enticing story teller...

I will definitely buy this book to keep for my own study...

The story at the end about her trip to South Africa is completely mesmerizing... another very good reason to read this book, if only for this!

Patricia Post says

This is an inspiring and truly helpful book full of insight, humour and new skills to help anyone navigate their way in this challenging journey of living every day. It broadened my awareness and made me look at things in a new way, or rather in a way I'd always known about but hadn't trusted enough.

