



# How to Get from Where You Are to Where You Want to Be

*Cheri Huber*

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# How to Get from Where You Are to Where You Want to Be

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## **How to Get from Where You Are to Where You Want to Be** Cheri Huber

An inspirational Zen guide to get you where you really want to go - Describes a life affirming process based on Zen awareness training - Explains how to examine issues causing difficulty, how to discover the source of problems, and how to free ourselves from the suffering created - A step by step path to freedom illustrated with examples from life and spiritual practice In the straightforward, engaging style for which she is known, Zen teacher Cheri Huber presents a process for getting where you want to go in life. This process, which is based on Zen awareness training, is explained here in ordinary language. It is demonstrably effective for all who are willing to look honestly at themselves.

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