



# **The Untethered Soul: The Journey Beyond Yourself by Michael Singer: The Unofficial Summary and Supplement**

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## Your Quick and Simple Summary and Analysis of The Untethered Soul: The Journey Beyond Yourself by Michael A. Singer

### **Inside, you'll find:**

- An introduction to Singer's main concepts
- Time-saving chapter summaries for review
- Analysis, commentary, and discussion questions to help you get the most out of the material
- An Actionable Big Picture Recap of All Key Concepts
- A guide to additional resources, including helpful articles, books, and videos

### **About The Untethered Soul by Michael Singer**

Who am I? At some point, most of us ponder this question, but the answer always seems to elude us. Am I simply a physical body? Am I a spirit? Is my existence nothing but a collection of memories? Am I defined by my relationships with others? An exploration of these questions causes us to realize that there is more to each of us than we can fully understand.

In *The Untethered Soul*, Michael Singer, bestselling author and spiritual teacher, leads us in an exploration of who we are and ultimately concludes that our existence is centered in our consciousness of ourselves and the world around us. He then teaches us how to “untether” our souls by dwelling in the present moment and releasing those painful memories and frames of mind that keep us from being truly happy.

*Please note that this summary is NOT the original book and is meant to be read as a supplement to the original.*

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