



The Book of Knowing and Worth: A Channeled Text

Paul Selig

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The third in Paul Selig's popular "I Am the Word" channeled literature series, *this* extraordinary psychological-spiritual guide addresses how to overcome low self-worth and claim our true purpose as individuals.

Winner of the 2014 Nautilus Award represents "Better Books for a Better World"—the Silver Award in the category of Religion /Spirituality: Other Traditions.

In his third channeled text, Paul Selig—acclaimed author of *I Am the Word* and *The Book of Love and Creation*—brings us his most practical message yet.

Informing us that "you decide what you are worth," Selig's spiritual guides take readers through a program to understand our own inherent worth, and beat the fears that drain our inborn spiritual knowing..

Selig reveals that true understanding of our life's purpose can be found through "service"—the practice of the thing that you most love. Readers can discover their own form of service through this powerful mantra: "I know who I am, I know what I am, I know how I serve."

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