



Everything You Need You Have: How to Be at Home in Your Self

Gerad Kite

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Gerad Kite was a therapist for years before realizing all the talk and analysis weren't making a lasting difference in the lives of his patients. So he quit his practice and looked for a new way to help people feel better. What he discovered is a different approach to finding a secret, peaceful, and permanent place inside yourself that you can access at all times, a path to getting out of your head, to surrender to what is. You'll see that you already have what you need to be happy and well.

Kite draws on the principles of ancient Chinese philosophy and his extensive experience helping people from all walks of life as a relaxation and acupuncture expert. His ten steps will show you how to tune in to your natural rhythms, view your emotions from a different perspective, and finally experience a state of bliss that you can return to again and again.

The secret to feeling at home in yourself isn't therapy, meditation, silencing your phone, throwing out your possessions or traveling the world. The answer is already inside you.

Everything You Need You Have: How to Be at Home in Your Self Details

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From Reader Review Everything You Need You Have: How to Be at Home in Your Self for online ebook

Stuart says

Gerad Kite has set out to try and answer a few key and relevant questions we ask ourselves, what is a successful life? what is life supposed to be? How often do you relish the joy of now? Kite doesn't have all the answers, but he has been working on a solution to these sorts of questions for his entire working career. Using many different ideas and techniques that are available to us in modern life, Kite has created a 10 step program to finding your way to inner-calm or 'Home' as he refers to it over the course of the book.

Incorporating Chinese philosophy, spiritual teachings, psychotherapy, the law of the five elements and a pendulum technique to set emotional boundaries to guide you back to a calm state, Kite wants to lead the reader 'home'. Creating a place of security and stability will help us deal with the ups and downs of life with a clearer head and a calmer heart. Gerad Kite sets out 10 steps to creating a map to 'Home' and these steps guide us and help us navigate the treacherous terrains of our minds, bodies and outside influences. Kite shows us how to be aware of our true 'self', how to turn off auto-pilot, enjoy relationships and forget about organising our lives into various successes and failures.

Gerad Kite's writing style is brief, semi-informal and well formatted. The text is broken up into 3 acts, Mind, Body and Home, and each act deals several of the 10 steps. Drawing from personal experience, career experience in the fields of psychology and acupuncture and various case studies, Kite paints a clear picture of how we need to let go of certain practices and brace smaller elements of our life. I thought Kite was informative, emotionally invested and he genuinely wants people to adapt their outlook on life and live easier lives.

I have given this book 3/5 stars as though I personally enjoyed it, I do not think this will suit everyone's tastes. Those who enjoy mindfulness and meditation may appreciate where Kite is coming from but he is really trying to bypass all the other practices and get people to focus on their 'self' and obtain a sense of inner-calm. The writing evolves throughout the duration of the book, going from professional and objective and changes as the steps progress.

As we get closer to 'home', Kite seems to change his writing to meet the tone of the subject matter, becoming calmer and more informal. I appreciated Kite including the law of the five elements and some information on Taoism which allowed me to learn some new perspectives when it came to calmness and tuning in to the present. Overall I would recommend this book to those who face constant existential problems daily and want to figure out a way of getting out of their heads. Finding a calm place in yourself may give you the rest you need to figure out where you are and how you could progress day to day to achieve what is important to you.

Audrey Chapman says

I found the approach refreshing. I listened to the audio book. I will definitely visit it again with the book version. Most of the insights are to practices that are widely known and make common sense. He also gives case studies for each step.

Cait • A Page with a View says

2.5 stars. It's a really short read and I loved that he incorporated some aspects of Chinese medicine & thought that a lot of other books neglect, but otherwise there's nothing new here. And that in itself isn't bad, but I took a star off because the presentation of everything kind of hurt the ideas.

The information here is kind of a haphazard mess at times. I'm not even sure what the end goal of this book was... it mostly sounded like the author was paraphrasing other big thinkers and schools of thought, which made it a bit brief & shallow. And if you've read other similar books, there's nothing new here (and many parts were questionable... like the author either didn't fully get the concept or didn't explain it very well).

The best parts were his own personal experiences and ideas like the pendulum because it's always interesting to see how others interpret the same ideas. Otherwise, I'd recommend checking out some other well-known books like Eckhart Tolle's "The Power of Now" and Don Miguel Ruiz's "The Four Agreements" for the same information but with better context & explanation.

Thank you to the publisher for sending me a review copy!

Krysztina says

When the featured quotes are more useful than the book itself, it's probably time to stop reading it. Nevertheless, I powered through with a mild sense of frustration, in search of something, anything, that I could actually use.

Sadly, my search was fruitless. Between a lot of empty talk with no practical use whatsoever and a brief foray into some supposed ancient Chinese pseudoscience about how different organs have different functional peaks, I was left with a profuse regret for the time and quid wasted, and not much else. The therapeutic anecdotes felt random and did nothing to add to the writer's credibility, and at times it felt like the writer himself either misunderstood the situations he describes, or deliberately altered them to suit his views. Bonus quote: "Health doesn't have to be 'healthy'." What?

In short, there are many good self-help books out there. This one, in my humble view, isn't one of them.

Joe says

This book was absolutely amazing and does not deserve only a three star rating, Gerard Kite was so clear and eloquent when explaining the steps of mental health and feeling like one whole person. It's very funny, I always say that books come into our lives when we need them too. I felt as though I found my way home only days before I started reading this book and it totally resonated with me.

L says

A lot of the bad reviews here focus on how this was misleading and too spiritual. Through that lens I can see how those ratings justify themselves. However, if you are spiritual, this is a great book for you full of wisdom and warmth.

Aruna Green says

I bought this book when I was having a bad day and in a way it was like a friend telling me things would be ok and that I just needed to adjust how I thought (I thought of ringing a friend to talk to but didn't want to bother them!). Some very reassuring insights about how we are manipulated by world media, social expectations, upbringing into having unrealistic expectations. I would have given 5 stars but it was a very short read and I found it simplistic in some places. For example the pendulum idea sounds good in theory but I think if you are in a very bad place and have deep seated issues it is too simplistic (but then you would probably need a professional counsellor then anyway). I liked the Chinese Tao philosophy part of the book - I thought that was the best and most informative bit. Overall Very well written - I really enjoyed reading it. Also I would have given 5 stars if there weren't the celebrity endorsements on the cover; the last thing I need on a bad day is Chris Evans telling me that I have everything I need!

Vanessa says

This book was really really not what I thought it would be.

I was looking for your typical kind of self-improvement book with practical tips on how to be comfortable with yourself and improve happiness through simplicity, etc etc etc yadda yadda yadda. Unfortunately, this book started slowly to descend into spiritualism (despite not being a religious book), and I found it harder and harder to connect.

I also found Kite's ideas to be a little far-fetched, and not particularly practical. He included a great deal of case studies to enhance his ideas, but I didn't find they added to anything - rather than see the positive effect he himself and his teachings had on his patients, instead it seemed to me like they seemed to discover things for themselves rather than because of what he was telling them.

I also found the inclusion of the five elements a little confusing as I couldn't really relate them to what he was trying to paint as their influence. I just found the whole book a little airy fairy. However, I did like the idea of our lives being like a pendulum, and trying to ascend the pendulum in order to find some stillness in life. The image appeals to me, but ultimately this book feel flat in any sort of practical help whatsoever.

Natalia says

I got this book as a Christmas present and wanted to like it, because I do feel it has a few good points to take away, but overall, it just didn't really sit right with me. I felt that some parts of it didn't seem to have been written or edited with much care, and that the writer was simply falling back on the fact that is a 'quick read'

in a profitable genre when they really could have made a much bigger impact if they'd have just been a little more 'mindful' of the quality of the book and the way it is structured.

For instance, the use of case studies at first seemed like a nice touch, but later on it felt more like the writer just wanted to ramble on about random stories like he wanted to present 'a day on the life of a psychotherapist', and I wasn't really sure what to take away from them in the end, since some of them seemed to be concluded in a really odd place. I totally get it that life is not full of happy endings, but I just think that for a therapist to drop in certain case studies just because they are slightly related to a point he wanted to make was a bit shocking because it temporarily pulls you into someone else's story but then ends so abruptly that it makes you worry about whether the therapy even helped them...

Anyway, the few points that I did take away were quite good (hence let's treat them as spoilers): (view spoiler)

Overall, I wouldn't recommend it to a friend, but I'm still somewhat glad I read it for these few takeaways. I learned a couple of things and had a chance to read about meditation from a different perspective, so it could have been worse. I just wish the guy had hired a better editor.

To anyone sitting on the fence about whether they should read it, I would say: trust the wisdom of the title -- you probably don't need this book. Take one off the shelf that you haven't read yet, and put it out of its misery. Or else go do some other form of 'True Rest' that brings you back to the calm, e.g. stick the TV on and go watch some Game of Thrones instead.

Ginae B. says

The title of this book resonates for us. The concept for the book is a personal agenda that we have had ever since counseling. We still haven't pulled the concept into our heart. It is still in our head. When we see it in others, we tell them, You are enough.

We regret that the copy of the book that we are reading doesn't allow quoting. This is unfortunate. However, we press on.

Kite doesn't mess around. The depth begins right there in the first chapter. Wow.

Everything You Need You Have is based on cognitive behavioral therapy (CBT). It's not simple. Yet, it is. You will get out of it just what you need.

Jackie Paulson says

Is it true that everything you need, you have? While reading Gerard Kite's book you will learn how to look at things in a different perspective as well as living in the present moment. It's not about doing more it's about being more. Home is where you feel at peace it's a permanent place inside yourself. This book gives you a ten-step program to find your "calm."

"Wanting things to be a certain way is NOT freedom."

"Achieving what you set out to do is NOT freedom."

"Being the person you want to be is NOT freedom." (Kite, 2016, page 20).

The journey the author takes the reader on begins with admitting you are lost. You will learn how to use a pendulum. What is a Pendulum? A pendulum is a weight suspended from a pivot so that it can swing freely. To find your true rest means getting your thoughts and actions away from chaos in the physical world and even your thoughts in your mind. One way to get back to calm is to make a list of the activities you know will bring you back to a happy state of mind. Extreme highs and lows are what you choose to do with your state of mind which is a manifestation of a mood or thought at a particular time in a particular place but they have little to do with "you." When you take away all the labels we have been programmed to be, we are all the same, "a person." What we all learn from Mr. Kite is the ten steps to find your natural rhythms, view your emotions from a different perspective, and finally experience a state of bliss that you can return over and over. "I received this book from Blogging for Books for this review." @ 2016 Jackie Paulson

Stacey M says

This was a pretty interesting book. I thought it dragged a bit. But if you are looking for a book that helps you find inner peace and way to center yourself this is an easy read that can give you some interesting ideas. I really liked the first half but, like I said it got a bit slow for me near the middle. He also gives case studies with examples of people following what he is suggesting. Overall I liked this book.

I was given a copy of the book to read through blogging for books.

Curtis says

In today's so society, too often we find ourselves looking for fulfillment and validation through external sources. We look to other people. We look to material success. We are always looking out and rarely ever taking the time to stop and focus on what is within ourselves. In this book, Gerard Kite provides a framework he has developed from personal experience and working with clients for a number of years. According to Kite, if we learn to find the Home that exists within, we will not only feel more fulfilled but we will also minimize the swings that we so often feel between positive and negative extremes.

Kite's model is interesting. I have no doubt that there are people who might find it to be profound and incredibly enlightening. Personally, I had trouble feeling like it resonated with me, but I appreciated the values of becoming more attuned to your own mind and body and letting that be more of a guide to

happiness and calm that the world around you. So while I don't foresee myself following his ten-step process, there are elements that I will certainly be making a focus of my own reflection over time.

[Disclaimer: I received a copy of this book from the publisher via Blogging for Books in exchange for an honest review.]

Robin says

Fascinating, the main insight I get out of it, I guess you could say is so simple - we have ups and downs in our lives, but we don't have to totally identify with those. We can realize that there is an aspect of ourselves within that is always the same, always ok. That doesn't mean we don't take action or have feelings, but that we can deal with things better if we don't totally identify w. them as being "us."

The author is what is called a five-element acupuncturist.

"As we get older, we often accept low-grade health as a norm. We feel tired all the time but don't connect it to not eating properly or not getting enough exercise. We get used to being stressed and anxious as the little vices accumulate...But what these symptoms are actually telling us is that our natural body 'clock' is running out of sync. And there comes a point where nature will not allow us to continue pushing ourselves in this way. Certain physical or emotional symptoms tell us that we have to stop and look at what is going on in our life."

Maureen says

I love a good self-help book with great insight, don't you? Everything You Need You Have by Gerad Kite draws on his experience as a therapist, as well as his experience, and combines Chinese philosophy (Taoism), Universal Laws, Ego, Behavior, Etc. into 10 steps to easily achieving "home balance" within yourself. It was a fascinating read with "case studies", applications, and insights. If you know most of these key concepts, then perhaps Gerad Kite's perspective may interest you. I loved the format of this book with case studies and insights at the end of sections. This book was also a comfortable read and flew by at 206 pages! Trust me, the 206 pages are crammed full of concepts and applications. I enjoyed his book and would recommend and/or gift it to friends and family.

FTC Disclaimer: I received this book from Blogging for Books for this review.
