

***Choices and Illusions*, the book by Eldon Taylor, Ph.D.**

Reviewed by Renée Sande

What if the life you were truly destined to live was right in the palm of your hand? What would it look like? *Choices and Illusions* brings that picture into focus—with three-dimensional clarity. In Eldon Taylor's latest compelling work, the acclaimed author and former criminalist lays out an authentic road map for life, with intellectual and spiritual keys that lead you through the best of his psychological journeys and scientific discoveries. Personal empowerment is the destination as Taylor guides you in the construction of the belief network that will enable you to take control of your life and achieve divine right to pure happiness.

*Choices* articulates the fact that what we think of as our reality of failure, discontent, anxiety, and so on, is really an illusion based on our subconscious getting “locked in” to false beliefs. Most of us are convinced, deep down, that we really are not worthy of being happy and do not deserve success. This negative “self-talk” is simply a result of the deluge of negative information and false expectations from the world around us, that can pervade our thoughts on a daily basis. It is how we tend to this convoluted collection of information, which can make us *feel* like we have lost control. Taylor is here to tell us that it *is within our control* to turn this “negative self-talk” around with positive “self-talk,” finding personal freedom and enlightenment on the way.

Taylor's life-long study of the human mind is complimented by his over-10 years of experience practicing criminology as it lends a crisp edge to a field that can easily tend to be fuzzy around the parameters. His scientific studies into the extreme emotive value of words and how they are stored in the subconscious, and alternately how the subconscious can be “reprogrammed” holds amazing and ground breaking insights.

*Choices* is, at its core, a book about happiness, and how it is within our reach, whoever we are and whatever baggage we may carry. It is without hesitation, that I hail *Choices* as quite simply, a gift to the human race, for I am convinced that anyone who reads this thoughtful compilation of Taylor's life work, will come away with much more than when they embarked on their journey.