



The Trance of Scarcity: Stop Holding Your Breath and Start Living Your Life

Victoria Castle

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In her own life and through her work with others, Victoria Castle has repeatedly encountered the tragic theme of "not-enough-ness"--both the "I am not enough" and "There is not enough" varieties--and witnessed how it cripples even the most buoyant and passionate people among us. Castle calls this blight the Trance of Scarcity. It shows up in a hundred personalized versions, but the results are always the same. Instead of expressing our brilliance and creativity, we show the world only the by-products of oppression, isolation, exclusion, and defeat. We spend our time lamenting the way things are, justifying all the reasons they can't be different.

In this inspiring and very personal book, Castle shows that there is life on the other side of the Trance -- a life characterized by vitality, fulfillment, and efficacy. She shares specific practices you can use to change your story--to identify and interrupt negative, constraining patterns and replace them with more positive and liberating ones to achieve greater freedom, fulfillment, and satisfaction.

With compassion and surprising humor, The Trance of Scarcity will help you embody abundance as your way of being. Once you do, you'll be more inspired and more inspiring, you'll build bridges to replace dead ends, and you'll easily arrive at solutions to issues that once overwhelmed you. Having broken free from the Trance of Scarcity, you'll be able to live a life where ease and plenty emanate from you as naturally as your breath.

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