



You Are The One: A Bold Adventure in Finding Purpose, Discovering the Real You, and Loving Fully

Kute Blackson

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A charismatic visionary and transformational teacher offers a bold new look at spiritual awareness providing the tools needed to live a life truly inspired by love for a whole new generation.

Kute Blackson comes from a long line of spiritual leaders and works with people from all walks of life, offering his own uniquely powerful process to transform lives from the inside out. His inspirational and life-changing YouTube videos, seminars, and conferences are known throughout the world, but it's his trademark transformation experiences that sets him apart. The intensive one-on-one and one-of-a-kind transformational mother of all trips is a 14-day, 24/7 journey into such remote places as the bowels of India where the client—armed with nothing but a backpack, a change of clothes, and a journal—works with Blackson until he discovers what he hasn't yet found. Whether it's about forgiveness, confronting inner demons, letting go of self-hatred or the scars of the past, those hard-earned, sweat-proof lessons Blackson instills in his clients are right here, in this book, *You Are The One*. No need to pack your bags or renew your passport.

So what are you waiting for?

For someone to save you? If so, you're not alone. But it's not going to happen. Your parents won't rescue you. Your friends won't carry you. No one's coming. Know why? Everything you are seeking is within you already. *Because you're already here.* You. Are. The. ONE.

You Are The One is a reflection of Blackson's unique and distinctive thoughts, teachings, stories, and poetic inspirations to help you access your true power and live boldly and fully in the world—with no regrets.

You Are The One: A Bold Adventure in Finding Purpose, Discovering the Real You, and Loving Fully Details

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Jennifer says

The perfect book with a perfect message at the perfect time in my life. If the entire country read this and understood it, things could be oh so different today in these troubled times. Thank you Kute!

Liz Marasco says

I am not familiar with Kute as some of the other reviewers are but I could not even make it through this book. He was preaching good ideas that I'm interested in, but not in any articulate or informed way. Rather than really delving into one of the many shortsighted "pearls of wisdom" he's offering, he glides right over a handful of generic self-help ideas, inspired by East and West alike. I found this book to be a shallow, self-aggrandizing mess of thoughts. I don't even think this guy has any credentials? Anyway, my advice for this one is to skip and instead opt for something that has real substance.

Nancy Sigl says

The first part of this book felt trite and boring. I was having a hard time coming back to it and I only did so because I had a long drive and nothing else to listen to for the next several hours. I'm glad it worked out because I learned some things I had never before heard...and I'm 51 years old! There are a few morsels in here that make the effort worthwhile. I'm glad I finished it.

Terri says

Easy to read, great personal stories intertwined. Powerful message!

Bev Hitchins says

Kute Blackson is an out-of-the-box life coach and extraordinarily creative in steering clients to break the self-imposed bindings they have willingly wrapped around themselves. Most of us set limits we don't let ourselves go beyond. Mr. Blackson, whose own life story is filled with binding-breakings, takes clients to India. Upon arrival, he strips them of all forms of electronic communication and offers them multiple opportunities to delve deep inside themselves to discover the treasure that resides within. Most of us would never think of doing what he suggests. By the time I finished the book I was awestruck by Mr. Blackson's brilliance, courage and love for himself and humankind.

Jason Xu says

I truly hope that all the good reviews are from real people who enjoyed the book. Maybe I read too many books in this genre, but I found this book insincere and ineffective. To me, this is a perfect example of a self-help book that gives self-help the bad rep. However, all the lessons in the book are good. Kute's intentions are good. It certainly doesn't hurt to skim through the book and see if it speaks to you. I always feel bad leaving a bad review because I want to be kind. But I also feel a responsibility to people who are choosing between books to read to become a better human being. This is probably not your best option...

Miranda Kate says

I've followed Kute Blackson for a few years now and always loved his style and delivery, and this book was no different. He delivers his message in a clear, succinct, direct way.

Each chapter focuses on a different aspect, from loving/accepting yourself and life, realising how much power you have and how you are able to break through conditioning, and that in fact you are limitless. It covers forgiveness and love, and how to rethink your potential. Each topic organically flows from one chapter to the next, each supporting the last. Kute talks about the people he has taken to India on his Liberation Experience and uses their experiences to support what he is saying and explaining, using gentle repetition within each chapter to put his point across - and it works.

I found it eye-opening, inspirational and uplifting. It is a book that I feel I could read every year and take something new from it each time - and I just might. This is coming from someone who doesn't often re-reads books.

This book might just be the one! ;-)

I love this, and would recommend it to anyone looking for a new perspective on how to approach life and get more out of it, or a new approach to healing themselves.

Martha says

I've been a fan of Kute Blackson for a while. He is a charismatic teacher, speaker, and entrepreneur – not to mention good-looking and charming. From the videos of him I've watched, he's always energetic, animated and inspirational. His positivity and energy seems to flow out of those videos and leaves you feel motivated, more hopeful, and somewhat transformed. Can a book – his first book – achieve what a video can?

You are the one! Yes. Blackson has done it – he has poured himself the same way he does for his videos. From one coach to another, I celebrate this ability, this authenticity, and this success. I appreciate this modelling and I am inspired to do more great work – back to the book.

For starters, the book is titled You. Are. The. One. not You Are The One. That's Blackson for you. Original. But not original for the sake of standing out. Be patient as you go with him on this ride and by the end of the book, you'd get his message loud and clear – You are the one (or at least I hope you do)!

Published in 2016, You. Are. The. One.: A Bold Adventure in Finding Purpose, Discovering the Real You, and Loving Fully has eight chapters with a main story in each. In the prologue, Blackson wrote about meeting the richest man in the world. In subsequent chapters, he shared his personal story of how he left his destined career, moved to L.A. and found his own path. He is the creator of the unique "Liberation Experience" where he travels with an individual client across India for fourteen days, and the books shares some of the life-changing stories.

Blackson wastes no words in this book. Each word contributes to the story, which in turn illuminates the message behind the book. As somebody who has been on the personal development path for many years now, I was moved by the stories, appreciated his book and essence behind his message. I would recommend this book to anybody who is seeking the purpose and meaning of life.

Arminda Lindsay says

There is no new information in this book.

Only I am new in my reading of it.

How does the saying go, "When the student is ready the teacher appears," and so it is with "old" information. I was ready for something here in a new way for me.

Kute Blackson is an able storyteller and the power of this book's message rides on its stories.

Destined to assume his father's pulpit in London to not having enough for a loaf of bread in Los Angeles, California, Kute shows us what transformation looks like through his own journey, sprinkled with riveting accounts of his clients' wake up moments facilitated by Kute in the classroom of life.

His invitation to see ourselves as all we need to be all that's possible is repeated in every single story and on every page.

"All of life is a gigantic temple. Everything in it is an expression of the divine. Everywhere you walk is holy ground."

"Know that you have within you everything you seek. Everything the world needs. . . . YOU. ARE. THE. ONE."

Erin says

Must read. I loved how this was a helpful book without feeling like facts and dictations were being thrown at me. Instead, Blackson shares his insights through his personal story and the stories of others he has helped. I highly recommend you read this. I finished the book with a smile on my face and a desire to begin my own

transformation!

Gina McKnight says

Wow! An exciting journey and "bold adventure" that will transform the way you think and live. Author Blackson can help you turn dark days into winning days. He writes, "When you stop trying to get somewhere else and embrace where you are now, you realize that this moment is the most important moment of your life." Engaging throughout, Blackson provides wisdom and insight to purpose, love, and life. Recommended reading for everyone.

Michele says

I took several months to meander my way through this one, which was a great opportunity to digest and let things sink in. I read most of it before working with Kute, and saved the last bit until after returning from his Bali trip. Kute is the real deal, and his message shines through these pages. I'd highly recommend to seekers of inspiration, purpose, and meaning who are finding their way on their path.

osoordinary says

There was just so much I enjoyed about this book. This one really got me thinking. And not negatively. It got me thinking of all the ways I can better myself with such simple changes. He makes so many great points about life and how we perceive things and he did it all so simply and sincerely. I will totally be reading this book again. There's so much to get from it!

Amber Patrice says

This book actually took way longer to read than I expected it to. While I loved this book and Kute's overall writing style (which caters to note takers and quote lovers), towards the end of the book I did find it to get a bit repetitive, which is why I'm giving it 4 stars. His methods are definitely extreme and I found myself many times in this book saying "Oh, come on!"

Plainly put... this book will speak to you only at the level you're willing to step into the "extreme."

Jennifer Ferrazano says

Very inspiring. A book to keep on your shelf to revisit from time to time.
