



What Is, Is! The Power of Positive Acceptance by Graham W Price

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What Is, Is! provides readers with a **new way of thinking** that will transform their lives, specifically working with the **critical inner voice** to support the manifestation of **lasting changes**. One of the techniques **Graham W Price** advocates is innovatively called the "**pacceptance principle**".

"**Pacceptance**" supports people to develop the habit of **accepting what is**, and then focuses on **action** to change the future. The **pacceptance principal** as stated in the book is:

*"What is, is
And there's not point wishing
That it isn't*

*But if we want to change the future
We won't do it by wishing
We need to act"*

Graham Price maintains that we all do **the best** we could have done or the **only thing** we could have done at **any given moment**. As I read *What Is, Is!* I congratulated **myself** that I was able to and in fact do do this. However what is, in my opinion, **far harder** to achieve is **accepting** that someone else's action was the **best or only thing** they could have done – especially if they have **hurt** you. This obviously **doesn't apply** when people do really **nasty things** like committing **violent crime!**

However acceptance or **pacceptance** doesn't mean that we **abnegate responsibility**. Far from it: *"Eliminating regret and self-blame doesn't mean diminishing our responsibility."*

We have to **decide** to act differently in the **future** and take actions to **prevent** a recurrence of **past mistakes**.

What Is, Is! is a fascinating book and well worth taking one's time to **work through**. There are excellent **case studies** to illuminate situations and each chapter ends with an **Action Summary**. My only real **criticism** is the marbled grey background to the **action sections** which makes reading more **difficult**. The book ends with a useful **two-page summary** which the author suggests you **photocopy** and keep at hand for **regular reference**.

Published by HotHive Books *What Is, Is!: The Power of Positive Acceptance* is available from Amazon.

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