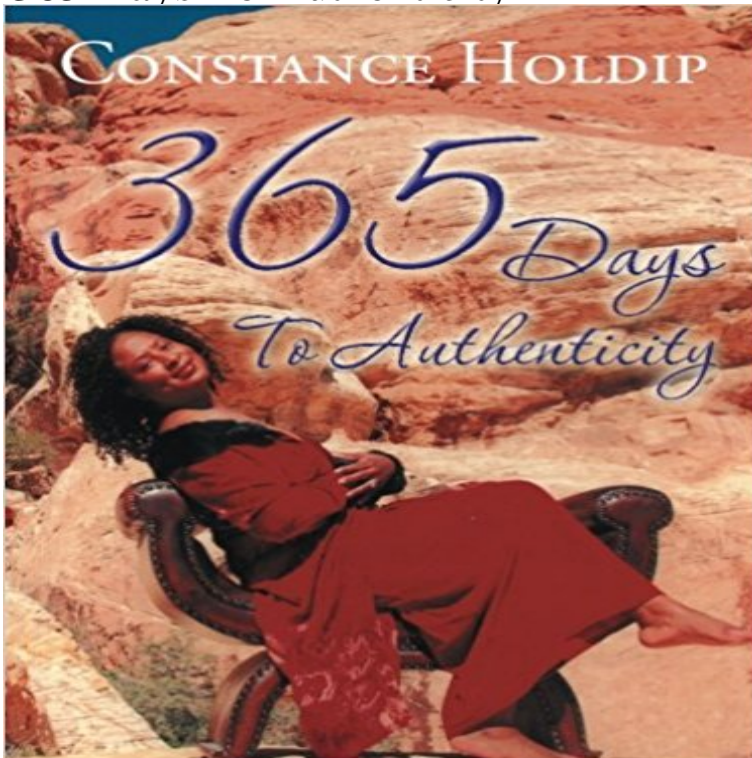


365 Days To Authenticity



I was inspired to write 365 Days To Authenticity because I met so many people in my personal and professional life who were not living their desired life. My question was why aren't people really living their real life? So I asked questions not in a scientific way. But at social gatherings I attended I just brought up the topic. Most people were intrigued by the discussions and shared some information. This is some of the responses I got. Some people mentioned when they were young significant people in their life discouraged them not to pursue their dream. Some people admitted that it was based upon fear and it had held them back for years. There were a few people who shared the passing of a love one, or a painful divorce. They spoke about being in a place of just getting by from day to day. Others talked about not having time because of the responsibilities they had. Then there were people who talked about living the golden life after retirement. I also met people who made grand declarations and resolutions for the coming year. When the discussion changed to resolutions, many people laughed about it. They said it was almost like a normal annual tradition but they expected no real change. Others talked about how they started their resolutions and life got into the way. So nothing really changed for them. 365 Days To Authenticity challenges the reader with the philosophy of this is the real life right now and the desired life is obtainable. The book offers the reader to take a year to create the desired life. The first step is to take that dreaded self inventory. After the self assessment I offer the reader new practices that will enhance their journey every month to building a solid life. There are no gimmicks just a commitment to living a healthy well deserved life, That engages the mind, body and spirit.

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