

Now Here

author: Dominique Farnan

2026-07

Synopsis

author	Dominique Farnan
readBy	Dominique Farnan
inLanguage	english

On the surface, it looked like Dom Farnan had it all. She was a successful business owner with a loving husband and a beautiful son, but her life was in shambles, and her heart was hard. As a high-functioning depressive, she had been emotionally closed off for most of her life. That toxicity that she ignored and pushed down was rotting her from the inside. When the Covid-19 pandemic threatened to take everything that she had worked for away, she finally hit rock bottom. That's when she decided to make a change and take back control of her life. As much as she tried to focus on her business and professional life, it was with the help of her coach that she learned meaningful and lasting change had to begin by confronting what she had ignored for most of her life: what was happening on the inside. It was all connected, and by stepping out of her comfort zone and making a conscious effort to change her thoughts, she was able to change her life. That new outlook created a monumental shift that reverberated through everything she did. It made her a better boss, leader, wife, and mother. Most importantly, it brought her a sense of peace and calm that had eluded her for most of her life. The year 2020 wasn't the year that Dom Farnan wanted, but it was the year that she needed. In *Now Here*, she describes the transformational and healing journey that drastically changed how she viewed and showed up in the world. It contains a collection of lessons and fundamental truths about life, work, love, relationships, and spirituality that can apply to anyone stuck in a rut and in need of a change.

Reader's comments

comment 1:

â€"â€" ()