

# Your Path to Begin Self-Healing Starts Here

*author: Cesar Blake*

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## Synopsis

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author	Cesar Blake
readBy	Jane Ghazni
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Self-healing is more than a passion, it is my life's purpose!

Many years ago, I hit rock bottom outside a Las Vegas bar and ended up in handcuffs.

As I sat in the back of the police car, I knew I needed to find a way to fix my life.

This led me to follow many different paths of self-healing.

People told me:

- Therapy.
- Meditation.
- Going to the gym.

They were all helpful, but there was no "one size fits all" method to heal yourself.

Because you are on this listing, I know that you are searching for something,

You are searching for the right path for you to heal.

More than that, I know you are looking for the right path for you to have that better life you deserve.

- You are tired of waking up feeling lost.
- You are tired of feeling the pain of your past.
- You just want to be happy again.

You are not alone in this.

According to a study done by the NIMH (National Institute of Mental Health), over 280 million people worldwide are dealing with some form of depression.

It doesn't have to be this way.

One of my favorite quotes says, "As a human, being our greatness lies not in being able to remake the world. It is in our ability to remake ourselves." (Mahatma Gandhi)

I know from my personal experience that no one can tell you the right way for you to begin healing, but I believe this book can help you find that right path for yourself.

How can I know this book can help you even though I haven't met you?

Because I know you are a human being, and you have an amazing mind. Everyday people just like you are improving their lives, and you can too.

## Reader's comments

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