How I Met Myself

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chronicle of self-discovery in the process of finding love and purpose in life; its story about pain, healing, restoration, and redemption. Via Hookss emotional story, Before I Loved Her, I Healed Myself shows that transformation and personal growth are possible.

"It makes my heart hurt to remember how shrunken I thought I had to be to fit into my own life"Such describes the feelings of many who try to navigate the hells of anorexia and bulimia. But this isn't just a story about overcoming addiction and triumphing in the face of inner turmoil.It's also the journey of a woman on a voyage of self-discovery."Thank God I picked up the phone, and for the first time, heard what someone else saw - food was my heroin. I was shooting dope once a month and didn't even know it."While sharing her journey through the first 35 years of her life; including being a business owner, professional horseback rider, and a Champion of Ultra obstacle course races, Alison shares the inner turmoil that so many of us face - crippling addiction mixed with self-doubt."Returning to aisle 7, my insides still churned, but with an impending excitement that every junkie feels before their hit. Yes, it is that intense. It is that palpable. It is that horrifying."Reading "The Addict In Aisle 7", you will experience a lifetime of experiences, culminating in the realization that it was a burning passion to experience an amazing life that fueled Alison to become the amazing best friend, daughter, sister, sales professional, and writer that she is today."Alison has lived through and conquered things most cannot envision overcoming [...] Drug addiction, alcoholism as a teen, sobriety as a teen and into adulthood, and the one thing most stigmatized of all - eating disorders. This book is for everyone and anyone. You may not have an eating disorder, you may not think you know someone with an eating disorder, but you certainly know people trying to be better. This book is about that: becoming the best you, the best human you, you can be." Doug PobstBegin reading The Addict In Aisle 7 today. You'll be glad you did.

The beloved #1 Essence bestselling authors of Tryin' to Sleep in the Bed You Made now deliver a novel in which you'll meet their most unforgettable characters yet. Carmen, Jewel, and Regina could not be more different. When they meet as freshmen at Columbia University, they're pretty confident that a friendship among them isn't in the cards. Jewel is Hollywood royalty: as the teenage star of the TV show "Daddy's Girl," her face is instantly recognizable all across America. Now, though, she wants two things-to get a serious education, and to leave her controlling stage mother behind. Regina is the definitive upper-middle-class African-American girl. Her picture-perfect parents are what she calls "black Ward and June Cleavers" and their goals for her are like a stranglehold. No one can see, though, how far Regina's rebellious side will take her (or how treacherous it will become). Carmen is just trying to get by. A child of the projects whose father is dead and whose mother has vanished, Carmen has been raised by her abusive brother. Columbia is the way for her to get a better life-if she can hold down two jobs and keep her GPA up. When the three of them meet, their lives are at a crossroad. And as the years progress, from the 1980s to the present day, they are challenged by drug addiction, fame, secrets from the past, sickness, betrayal, and the darkest things women can face. One of them won't survive. But what will be the lasting legacy of their friendship? Better Than I Know Myself is a novel of heartache, triumph, tears, and the unshakeable bonds among women.

4 Days is the author’s journey to New York during Christmas, which ended up being a voyage of contemplation, reflection and completion. With Shinoy’s magical portrayal of the adolescent feelings and expressions, this book is an absolute jouissance to all restless yet tired souls out there. It exquisitely tickles the little guilty pleasures we all once did and hits you with waves of nostalgia. His is a story of how it was enervating, watching his dreams breathe their last. How suffocating it was to exist merely and not live and how taking up a small chance to live his broken dreams for just four days changed his life. The book wholly imparts how we all eventually end up meeting this one person – the one who stays forever no matter what; the one who is the actual reminder of the little magic left in the world. The one who holds your hand and shows you light when it gets dark, and realising that person is You. This unforgettable story of the author’s joyful melancholic journey of fulfilment and sophistication is an absolute food for the soul.

Based on conversations with her therapist, Victorea realized just how much words meant to her. Looking back at her past experiences, she realized a pattern of what had affected her the most. "I took those words that hurt me and I used words to heal." "Life is a mosaic of moments, painted with feeling, experience, perspective, realization and truth." Until I Met Myself takes readers through a series of poems that encapsulate moments like these, central to the authors experience with anxiety, hardship, relationships, feelings, empowerment, nature, self love and healing. She believes that these moments happen for us to teach us how to connect back to ourselves through anything. Some of the poems in this book are journal entries from Victorea's teenage years, dating back to over ten years ago. By sharing these expressions, she hopes readers can find comfort, encouragement and peace in her words. "Even though a circumstance may feel heavy, some of the weight gets lifted off when you know you're not the only one carrying that circumstance. You are not alone. There are endless possibilities available when you turn inward and realize your truth, capability and power." Until I Met Myself expresses those hard moments that feel difficult to get through, those deep emotions that flow into every crevice of your body, and the blissful experience of existence, acceptance and connection. It's a balanced dynamic of the ebb and flow of life and what it means to be human.

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