



## About **The Real Me** Book and **Music Meditation CD**

(in the Author's Own Words!)

**The Real Me** book and companion **Music Meditation CD** are considered:  
**Major Keys to Your Happiness and Success!**

**The Real Me: Awakening Your True Self** by **Sandra A. Chimenti, M.Ed.** (that's Me!) is a powerful, inspirational, and experiential book that takes you from where you are to where you really want to be! The **"Discover Your Power to Succeed!"** companion **Music Meditation CD** (piano/vocals) shares my song from my cable show (with the same title) and a blend of meditations from my book.

**Both are Very Powerful and Wonderful!**

Unlike most books, **The Real Me** shows you **"how"** to move through challenges and uplift yourself to a new level of **love, happiness, success, and joy!** The reason this approach really works in both your personal and professional life is because the person you are discovering and improving is always **YOURSELF!**

People who read my book, listen to my CD, and attend my **"Success Series"** programs say with surprise and appreciation, **"This works!"** I happily respond, **"I know!"**

Instead of saying you're happy 10 times to feel better, I teach you to use the powerful **"Awakening Process"** (also explained in my live programs as the **"Stop, Feel, Be Real"** approach) to move through any challenge. As you temporarily feel any issue, release it, replace it with love, you learn the theme of the lesson and begin to choose to replace any pain with **TRUE POWER!** Then, you can say a positive affirmation and truly believe it! **You'll see how your life transforms!**

You can also use the **"Awakening Process"** to achieve any dream! The same steps apply. Ask: **"What"** you want and **"Why"** you want it. The exercises gently walk you through the steps. You grow your inner power and raise your emotional vibrations from a low level to a higher level of **JOY!**

My Book, CD, DVDs, and Programs **WILL Guide YOU** to Create the **HAPPY LIFE YOU DESERVE!**

**The Best Gift You can Give Yourself and the World is to BE Your Loving REAL SELF!**