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The Real Me: Awakening Your True Self – Book Description – 2013

Description of Book:

The Real Me: Awakening Your True Self – Positive Affirmations for Empowering Your Life by Sandra Agazzi Chimenti, M.Ed., shares a unique approach called the "Awakening Process," considered the first step in improving your relationships, achieving your dreams, and empowering your life. Since your thoughts create your reality, this approach shows you how to release and transform negative thoughts and emotions on a physical level in order to heal your body, mind, and spirit. As you create inner peace, welcoming positive thoughts becomes easier. (You may even create your own affirmations in the book!)

Featuring the "Seven Aspects of Spiritual Awakening" that form a guide for one's life journey, this book is filled with inspirational affirmations, prayer meditations, writing exercises, resources, spiritually empowering ceremonies, and more.

The Real Me book shares the best approach to spiritual-empowerment because it doesn't skip any steps. It provides a step-by-step process that guides you to improve your personal and professional relationships and create inner peace, happiness, and true success. Readers are amazed with this powerful book and state, "This really works!"

Text from Back of Book:

Did you know that your thoughts create your reality? Positive or negative, what you believe is what you will see. Yet, to create happiness and success, you must first process any negative emotions. By allowing your feelings to move through you, you clear a path to your happiness, opening to a new level of awareness and understanding. As you create inner peace, welcoming positive thoughts becomes easier. Discover how this unique approach guides you to achieve your dreams, improve your relationships, and empower your life.

The Real Me is an invitation to awaken to your true self — LOVE. Featuring the "Seven Aspects of Spiritual Awakening," ***The Real Me*** is filled with positive affirmations, prayer meditations, writing exercises, resources, spiritually empowering ceremonies, and more. Let ***The Real Me*** guide you in creating the life you truly deserve to give your *real* self.

About the Author:

Sandra Agazzi Chimenti, M.Ed., is the owner of Creative Books and Music, L.L.C., Growing Parents, and the Spiritual Awakening Center. She is an author, musician, parent, presenter, and educator with a master's degree in Early Childhood Education. Through her empowering books and music, she inspires you to always live your truth, love your life, and embrace each new day with positive affirmations like, "I now honor the real me."

Overview of Book:

Book Title: **The Real Me: Awakening Your True Self – Positive Affirmations for Empowering Your Life**

Author: **Sandra Agazzi Chimenti, M.Ed.**

Publisher: **Creative Books and Music, L.L.C.**

ISBN 13: **978-0-9725326-0-0**

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Number of Pages: **312**

Publication Date: **Nov. 27, 2007**

Genre: **Spiritual Empowerment, Motivational, Inspirational, Self-Improvement**

Format: **Perfect Bound Book -- 6x8 Oblong shape (first printing – soft cover)**

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