

Creative Books and Music

Issue 8

August 2010

Welcome to the Creative Books and Music newsletter!



Our newsletters will empower and inspire you with monthly features such as articles, book reviews, events, poetry, inspirational quotes, and news from Creative Books and Music, L.L.C.

The theme of this August newsletter is "choices for happiness." Knowing what we like and don't like helps us to know our preferences. Making healthy choices for ourselves creates happiness and inspires others to do the same. To help you make loving decisions, ask yourself, "What makes me happy?"

We teach people how to treat us with every choice we make. When we feel hurt, we may speak up for ourselves and say what we prefer, or walk away so the hurt won't continue. Sometimes people don't realize that what they are doing is causing us pain. Communicating with assertive "I" statements to say how we feel and share what we need allows others the opportunity to cooperate or not. They have a choice to hear us and make changes. When the person is not able to make behavioral changes, receiving guidance from a professional may help.

You may decide whether or not you feel comfortable interacting with the person. You may need to feel you can trust the person to respect your feelings. Even if the person doesn't understand *why* an action creates certain emotions within you, it helps to feel that you have been heard. You have the choice and the power to heal your pain and not take the other person's behavior personally. Yet, if the negative behavior continues, you must honor yourself and your happiness and decide what is best for your individual situation.

While you are healing an issue and forgiving everyone involved, you may choose not to interact with the person, or at least minimize your encounters until you have healed. If it is a family member, perhaps limit the communication to what you can both handle in a civilized way until you are ready to talk from a place of love. Each person is entitled to his/her own choices and viewpoints, so just agree to be and let be.

You can still be a loving person and send love without participating in the painful situation. As *you* change and grow, you and everyone in your life will heal. Even if you do not see the change in others, you will feel the change within yourself as you choose love versus fear. Always focus on the most important relationship: the one between you and your Creator. Love yourself and your life enough to make positive, loving choices and everyone will benefit. ~ Sandra Agazzi Chimenti, M.Ed., Author of [*The Real Me: Awakening Your True Self*](#)

"Discover Your Power to Succeed!"

Our new cable show is airing throughout Michigan.

Poem of the Month

"To All Who Say, There is Only One Right Way"

You and I are different
and that's OK.
Birds start in *one* nest,
but then fly away.

We're on our own path
to God, you see.
What works for you,
might not work for me.

I will continue
to be true to me.
Let's take our own path
and agree to be
and let be.



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Agazzi Chimenti, M.Ed.

From *Inspirational
Passages to the Heart*
(Book coming soon!)

Book Review by Amanda Davis

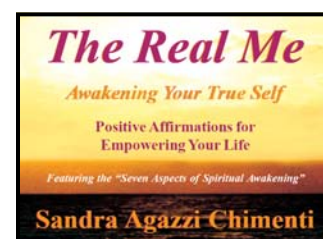
People who welcome love, peace, solace, success, fulfillment, and happiness would really benefit from reading Sandra Agazzi Chimenti's book *The Real Me: Awakening Your True Self*. This book doesn't claim to be a magic cure for all of life's issues and that is exactly why I loved it. This book does not feed you a bunch of meaningless lines to repeat to yourself, hoping against hope that the empty repetition will somehow change something for the better. Instead, Chimenti's book reminds you that you already have all the answers and tools you have been searching for within yourself. You have access to all your inner power to guide you through any challenge. You are the answer. You are the power.

I am not unfamiliar with the common struggles that life presents for us all. At times, we all feel like we need some help. We sometimes feel we need something

solid and tangible that we can hang on to, to get us through until the storm passes, so to speak. Chimenti's book does a great job of explaining that all we really need to get through any difficult situation is ourselves. Chimenti guides you to navigate through any of life's challenges and reminds you that life is a journey to learn more about yourself and others. Even the struggles and the strife that we endure are part of our journey, a process that takes time but eventually helps us to grow.

Through her "Awakening Process," Chimenti shows you how your thoughts, feelings, emotions, and beliefs are truly powerful things that can affect you on a physical level. She also shares how we do have control over what we think and therefore how we feel and act. Part of this "Awakening Process" is to temporarily feel any physical pain that occurs with our negative thoughts, feelings, and emotions. Feeling this pain and then releasing it

allows you to replace it with only the positive energy of love which is a crucial part of this healing process. By acknowledging the pain, feeling it, and then letting it go, you can welcome a positive affirmation and believe it. Chimenti's book is truly an enlightening self-empowerment book. I would recommend *The Real Me* book to anyone seeking a more positive outlook on life. [Print this](#)



The Real Me: Awakening Your True Self by Sandra Agazzi Chimenti

Available in Borders, stores, online, and at www.CreativeBooksAndMusic.com

Endorsement and Testimonial

"The 'Discover Your Power to Succeed!' cable show shares real life knowledge that will help anyone. It doesn't matter if you are a parent, a teacher, or a student; anyone can gain knowledge from the information Chimenti shares in her shows." ~ Lauren Stewart, Oakland University Graduate

"Discover Your Power to Succeed!" airs throughout Michigan on various cable stations. Contact Creative Books and Music for more information.

Affirmation of the Month

**I decide when to say
"Yes" and "No."
Creating balance
leads to happiness
for everyone.**

~ Sandra A. Chimenti, M.Ed.
Author of *The Real Me:
Awakening Your True Self*
— *Positive Affirmations for
Empowering Your Life*



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