



I Am: Inspired, Aware, Motivated: True Stories of Overcoming Abuse, Heartache, Self-Indulgence (Paperback)

By J Christian Connett

Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. J Christian Connett (illustrator). Language: English . Brand New Book ***** Print on Demand *****. Published in association with ForVera Media A collection of stories, allegories and moments that have impacted Christian Connett s life. The shapes of abuse, the pangs of heartache, and the overall self-indulgence that we subject ourselves to do not define us, however, they do have an impact in our lives and the decisions we make. To be inspired, you must first be aware. Self-awareness and cognitive awareness are often ignored for gut feelings and past experiences. Be aware of your moments, past and present. Do not dwell on failures or heartache, focus on the impact each moment brings. Choose to be inspired, aware, and motived. Choose to be true to you inside and out. you will only regret not trying. Christian describes his story of experiences, good and bad, and how he has learned to overcome the many obstacles that have been presented in his life. These are emotional and introspective. -All too often, as we journey through this life, we tend to forget to step back and take a look at how our experiences...

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