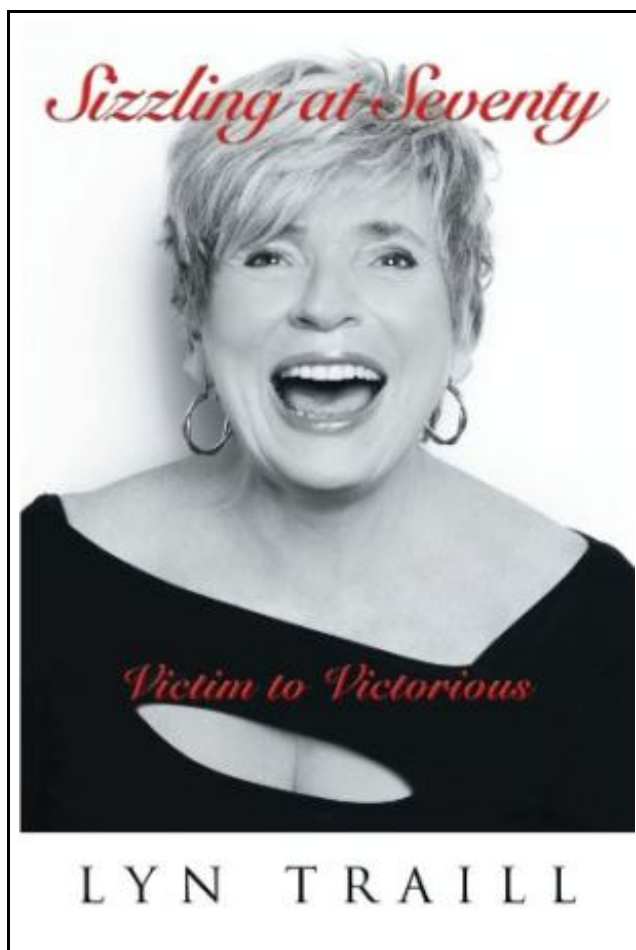


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Reviews

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(Dominique Bergstrom)

SIZZLING AT SEVENTY: VICTIM TO VICTORIOUS (PAPERBACK)



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Balboa Press, United States, 2012. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.For Lyn Traill, childhood was scarred by violence and abuse ranging from the emotional to the physical. But through it all, a shimmering flicker of hope stubbornly refused to be extinguished. Now she shares her story, told with honesty, pathos, and humor. Lyn s resilience in the face of abuse illustrates how life can change dramatically when we are open to becoming better observers. Her journey travels down some dark pathways before revealing a remarkable transformation. Here, she shares the strategies that have taken her from victim to victorious. A major turning point in her life appeared when she discovered ontology, the study of being-what it means to be human. Ontology focuses on the dynamic interrelationship among three areas of human existence: the language we use, which creates our reality; the emotions we live in, as our moods and emotions have a direct bearing on our actions; and the effects of both on our bodies. The role of the body in sustainable change has been greatly underrated. Are you seeking a way to untangle and improve your life? By clearing away the dead embers of old flames, you can ignite the sizzle you may have thought had disappeared. Lyn s victory is proof that it is never too late to start sizzling!.



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