



## Finding ME: Your Journey to Discover the Authentic Self

By Elaine Wilkins

Balloon View Ltd. Paperback. Book Condition: new. BRAND NEW, Finding ME: Your Journey to Discover the Authentic Self, Elaine Wilkins, To the outside world it looked as though I had everything. As the number one salesperson in a corporate direct sales environment, I was earning great money, driving expensive cars, enjoying luxury holidays, and seemed to have the perfect family life. Then overnight, my world came crashing down. When I was diagnosed with M.E., or Chronic Fatigue Syndrome, my life as I knew it was over. At first I fought the condition, viewing it as an enemy robbing me of everything I had worked for. Yet after a futile search for an external cure, I finally grasped that the answer lay within. Deeply buried in all of us, way beneath the expectations of others and the impossible pressures we put on ourselves, lies our true identity, our Authentic Self. The good news is that you don't need to suffer stress, burnout or fatigue in order to make the changes in your life that will help you to find it. In this book I will show you how to let go of who you think you have to be and learn...



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