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FIVEMINUTES: REVEAL. LISTEN. HEAL (PAPERBACK)

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Createspace Independent Publishing Platform, 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Reveal. Listen. Heal. This guy s walking down a street when he falls in a hole. The walls are so steep; he can t get out. A doctor passes by, and the guy shouts up, Hey you, can you help me out? The doctor writes a prescription, throws it down in the hole and moves on. Then a priest comes along, and the guy shouts up Father, I m down in this hole, can you help me out? The priest writes out a prayer, throws it down in the hole and moves on. Then a friend walks by. Hey Joe, it s me, can you help me out? And the friend jumps in the hole. Our guy says, Are you stupid? Now we re both down here. The friend says, Yeah, but I ve been down here before, and I know the way out. - Aaron Sorkin. Due to a serious illness, I suffered through significant emotional trauma. So severe, in fact, that I never thought I was ever going to get better. Until I did. This is the story of how I found my way out of my hole, and it is a method that I continue to practice and coach to this day. My greatest hope is others will find it helpful, and that their soul will breathe it s first sigh of relief.



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