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Seeds of Transformation Choosing to Live an Authentic Life

By Charmaine Shaw

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Why do you think the way you think Why do you hold onto certain beliefs When do you stop and ask why is this so Holistic life coach, fitness guru, and motivational speaker Charmaine Shaw bursts onto the scene with her debut self-help book, Seeds of Transformation: Choosing to Live an Authentic Life, which answers these questions and invites readers to change. If we have resistance to anything, its a sign that we need to look at something in us. As long as we maintain hidden agendas and deny our truth, intimacy is impossible. Look at your patterns of behavior, at how certain moments or events make you feel and ask yourself why am I feeling this way Where did this come from Follow the trail and it will lead you to your inner wounded child. These one-page seeds challenge you to reverse the way youve been negatively conditioned because everyone is a product of conditioning. For each new topic, Charmaine dares to ask the questions no one else is asking. Instead of offering hard and fast answers,...



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