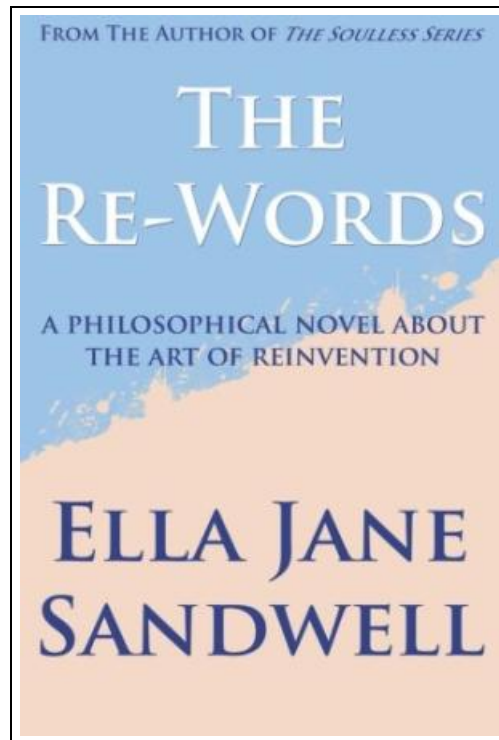


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THE RE-WORDS: A PHILOSOPHICAL NOVEL ABOUT THE ART OF REINVENTION



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Createspace, United States, 2014. Paperback. Book Condition: New. Jes Coolbaugh (illustrator). 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. I wanted to change. Though not unhappy or depressed, I found myself unfulfilled. With a self-imposed examination, I realized that many of my behaviors, many of my current life choices were based on a foundation of ideological bricks that I established long ago, when I was in a much different place both emotionally and physically. Because I completely changed my life, and unable to find a program that addressed the kind of reinvention I wanted, I devised and documented my own plan. This is my account detailing what I did to replace my core beliefs and systematic responses that I brought with me through the years, with brand new fundamental views and reactions. This book holds the keys to how I unlocked the new me. Author Ella Jane Sandwell Bright and uplifting with a powerfully honest undercurrent, The Re-Words is a personal story, depicting what one woman did to confront old habits and ideas and replace them with refreshed and revamped notions. The subtitle, a philosophical novel about the art of reinvention, reflects her approach, taking into account basic self-knowledge, seeking new realities, and then bringing her abstract ideas forward for use in daily life. Proving that the act of personal reinvention truly is an art, Sandwell takes the reader along with her, using twelve words that begin with RE, and allowing the definitions to spur creative ideas and her imagination. I have never read anything like this. Sandwell opens up her life and asks the question we all should be asking ourselves - why are we making adult decisions based on ideas and platitudes from when we were in our teens? Janice Wainright...



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