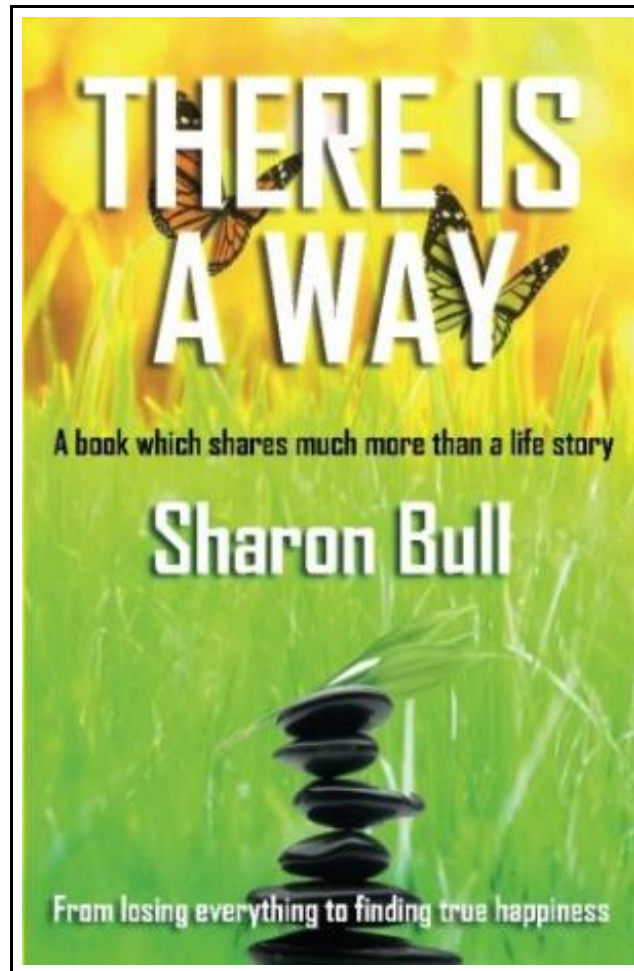


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Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*."In 2010 I woke up!" It was an extremely difficult time for me because I lost almost everything, including my life. But its in adverse times we grow and learn, even though we dont see it at the time. I lost my job as a top sales executive with a British brand leader, my company car, wardrobe of designer clothes and shoes, credit cards, my home and consequently my self-respect, because I placed all this material stuff above everything else. How I thought I needed to look and how I thought I needed to be in society had somehow become the focus of my life. Sadly, this self-centred approach of my this, my that, my body, my car and my promotion affects so many of us, galvanised by years of cleverly constructed marketing, engineered by banks and large corporate businesses to make huge profits. What baffles me the most about this time, is how I couldnt see that my constant bouts of severe depression, anxiety, stress, low self-esteem and debt - a consequence of my spending addiction, were all painting a completely different picture, and it wasnt happiness! I had listened to my ego far more than my heart, but yet in both body and soul I was always far more uplifted when the goals I set for myself, were in place to help make a difference for others. It hasnt been easy to tell a story that has travelled across three decades and then just as I turned my first half century culminated into the most life changing experiences, however, I believed the best place to start was from the beginning, which is exactly...

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