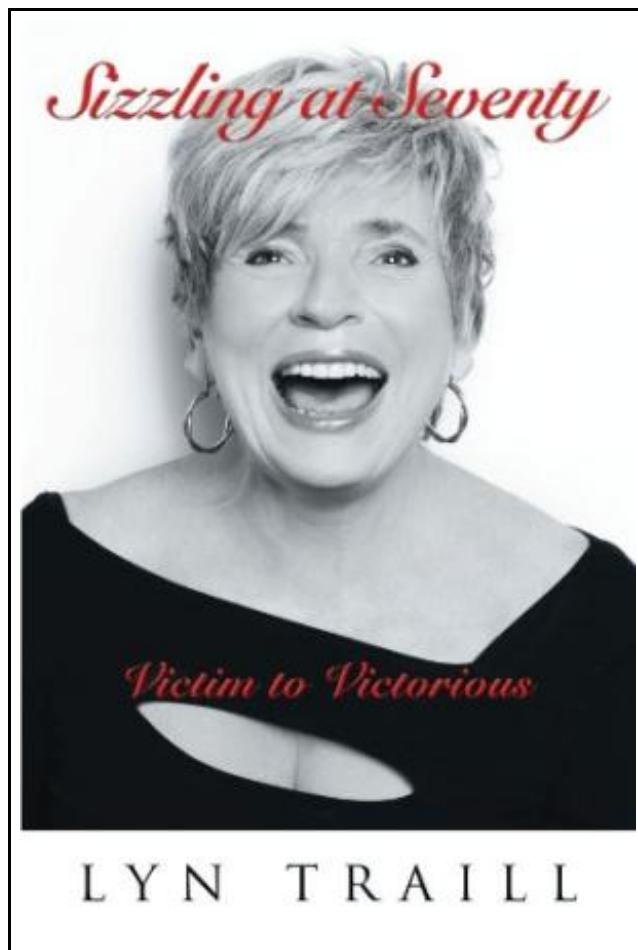


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SIZZLING AT SEVENTY: VICTIM TO VICTORIOUS (PAPERBACK)

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Balboa Press, United States, 2012. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****. For Lyn Traill, childhood was scarred by violence and abuse ranging from the emotional to the physical. But through it all, a shimmering flicker of hope stubbornly refused to be extinguished. Now she shares her story, told with honesty, pathos, and humor. Lyn's resilience in the face of abuse illustrates how life can change dramatically when we are open to becoming better observers. Her journey travels down some dark pathways before revealing a remarkable transformation. Here, she shares the strategies that have taken her from victim to victorious. A major turning point in her life appeared when she discovered ontology, the study of being-what it means to be human. Ontology focuses on the dynamic interrelationship among three areas of human existence: the language we use, which creates our reality; the emotions we live in, as our moods and emotions have a direct bearing on our actions; and the effects of both on our bodies. The role of the body in sustainable change has been greatly underrated. Are you seeking a way to untangle and improve your life? By clearing away the dead embers of old flames, you can ignite the sizzle you may have thought had disappeared. Lyn's victory is proof that it is never too late to start sizzling!.



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