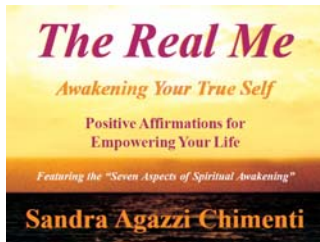


## **The Real Me: Awakening Your True Self**

**Author: Sandra Agazzi Chimenti, M.Ed.**

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Life does not come with a user's manual. Chimenti, however, has attempted to compile one based on her own thought, education and life experiences. Her book, *The Real Me: Awakening Your True Self -- Positive Affirmation for Empowering Your Life*, is a guide for awakening and empowering ourselves. For years, Chimenti has been giving classes on the subject of spiritual awakening and,

thus, has shared her wisdom with others. *The Real Me* is an attempt to reach those who could not learn from her in person.

It is true that our thoughts create our reality, nevertheless, the only thing that remains constant in life is God's love (not our thoughts) because God's love is unconditional and all pervasive. Once we accept our creator and let God guide us on the path of life, we can rejuvenate ourselves and breathe in healing energy (exhaling all negativity). Having established that trust, Chimenti takes us to the "Seven Aspects of Spiritual Awakening" consisting of Divine Creation, Communication, Apology and Forgiveness, Gratitude and Praise, Loving Choices, Flowing in Life and Sharing Gifts and Talents.

Her intellectual and divine energy creates very effective positive affirmation statements. These are some of my favorites: "God loves me just the way I am. Life is a process, not a product. When points of view are in conflict, I am willing to listen to others without trying to solve the problem. Thoughts have power. I am a human; mistakes may happen; forgiveness is my "reset button. I take responsibility for myself. I accept who I am. I see the best in me; I see the best in others. Today, I choose to live in love vs. fear." It is so inspiring that I could narrate the whole book.

The entire manual is adorned with Chimenti's love for the humanity with her personalized messages such as, "I encourage you to awaken to the infinite love that is already present in each of us and in each moment to create a more peaceful, and happy life..." Chimenti has also listed "Resources and Services" towards the end. The most noticeable are "Some Signals of Inappropriate Behavior" and "Index of Positive Affirmations and Statements." I recommend this book as a quick behavioral therapy for busy individuals of all ages.

For more information visit: [www.CreativeBooksAndMusic.com](http://www.CreativeBooksAndMusic.com) or call 1-866-58-CREATE (1-866-582-7328).