

Journey to the Freedom Within You!

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2026-06

Synopsis

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inLanguage	english

Are you overwhelmed with life, especially as an autism mom? Have you lost sight of who you are in being everything to everyone else? Are you tired of suppressing your needs and wants (let alone, your dreams and desires)?

Imagine creating time for self-renewal and having restful quiet in your mind! Setting and accomplishing goals, not feeling like there's "never" enough time to get it all done! Having sustainable income and the flexibility and freedom to create a work-life balance that works for you and your family!

In this book, you will discover ways to interrupt the pattern of stress and overwhelm in your life by rebuilding emotional resilience (not allowing external factors to disrupt your inner peace of mind) and developing soul strength through resilience, transformation, and resolve!

Living your purpose-filled life does not have to seem far away! You can have a life of fulfillment while caring for loved ones! It does not have to be either or—it can be both!

This first book of the series will help you to transform overwhelm into inner peace of mind with concepts that are easy to apply to everyday life! Adding to these concepts are skills and strategies to becoming free from anything holding you back, whether external factors, self-doubt, or limiting beliefs! This brief, yet comprehensive audiobook will help you to become a worthy warrior by living life with ease, confidence, and purpose!

Reader's comments

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