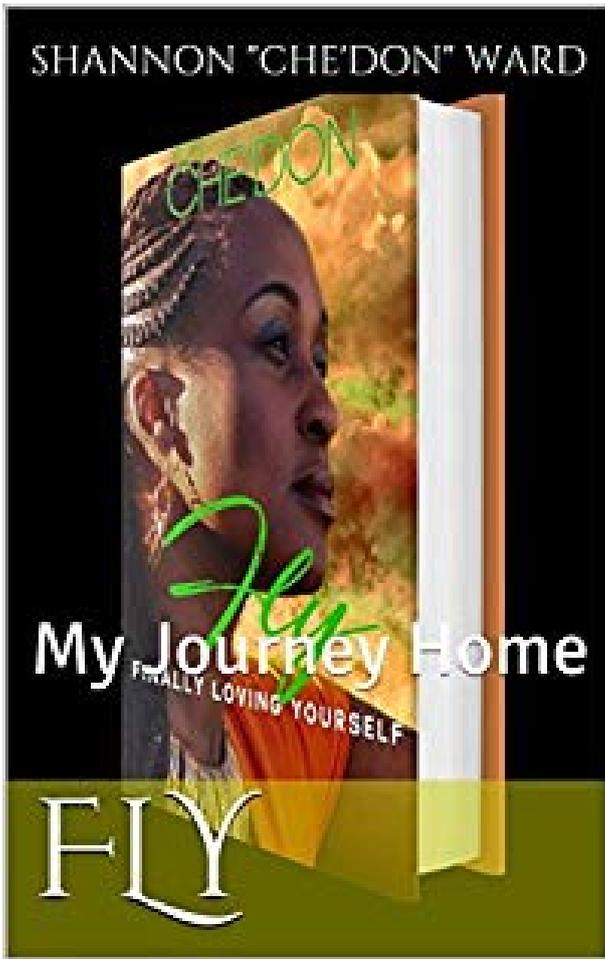


FLY : My Journey Home



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Goodreads Rating:	4.00
Pages:	78
Published:	February 3rd 2018 by Self Published

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Death was planned. Everything was on order, prepared for my demise. I left nothing to chance; I was ending it all! GOD didn't love me or care to stop the hurt so let's just be done with this life. These were all of thoughts I had before hearing that vice from within tell me to "LIVE".

These were the thoughts of a woman that did not love herself or even know herself. A woman that inflicted self abuse over and over again; yet everyone thought she was strong and had everything together. "So many years of education, yet no one taught us how to love ourselves and why it is so important." – Unknown You hear people scream all the time: "I love me some me!" And you would think it's that simple; just tell everyone you love yourself and that's all there is to it. Loving yourself is much more than saying the words. Dealing with you might be ugly, frightening, upsetting, discouraging and draining, but it is also liberating, enlightening, life-giving, empowering, motivating and uplifting! Finally Loving Yourself will help you understand that self-love is a spiritual, mental, emotional, and physical journey; and all these different parts are working together to get you to a place of peace, happiness and authenticity. This is the place where the true essence of you resides... this place is Joy! Recognize the path that is uniquely yours, and stop walking the one most traveled. It's time to get off that path that was designed for you by other people, and get on the path that

is yours! Begin your own personal journey that will lead to your soul's purpose. Take the journey! Your authentic, abundant life awaits you!