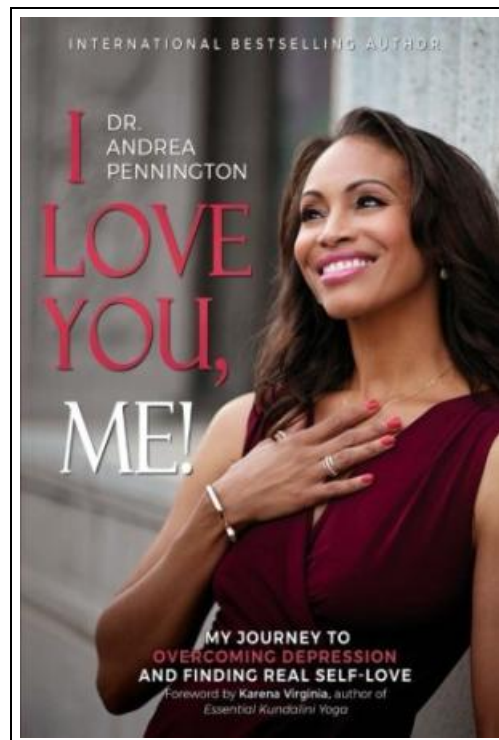


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Make Your Mark Global, 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.How one doctor s spiritual awakening showed her how to love herself and overcome depression Dr. Andrea Pennington s life as a medical journalist, physician and acupuncturist showed her the power of mind over body but it left so many questions unanswered when it came to loving herself. After hiding her depression from the world she hit rock bottom and cried out to God to take her life. What happened next blew her mind -- and her depression out of sight. She had an out-of-body near-death-like experience and arrived at a place of unconditional self-acceptance and real self-love. As a functional depressive, Dr. Andrea enjoyed a high powered media career with all the outer appearances of success. But she was miserable inside. After years of battling Imposter Syndrome , constantly striving for perfection, where she never felt good enough she was relieved to break free as her authentic self. This has inspired her to share her story in her popular TEDx presentation *Become Who You Are* . Now, after a decade of research in neuroscience, spiritual traditions and energy psychology along with experience with her clients who battled depression, addiction and eating disorders, a 5-step self-discovery framework emerged, called *The Cornerstone Process*, which she expertly presents in *I Love You, Me!* Self awareness is a fundamental principal in changing your mindset and loving yourself, especially when years of therapy, antidepressants and self-help books fall short. *I Love You, Me!* will show you how to create a foundation of real self-love. With Dr. Andrea s guidance you will: Learn Who You Really Are by uncovering your spiritual DNA, the blueprint of your authentic self, and by revealing who you were intended to be...



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