



Suffering a Path of Awakening: Dissolving the Pain of Incest, Abuse, Addiction and Depression

Shellee Rae

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Suffering ~ A Path of Awakening takes the reader on a 39-year journey of one woman's incredible life from a victim of sexual abuse, drugs, alcohol, and depression to the doors of death, into 12-step recovery, many spiritual paths and finally to full embodied awakening to Consciousness in August of 2008 with almost 11 years of sobriety.

Similar to a pebble in a still lake, this book is more like a rock in a pond. Its ripples are great and they will touch the shores of many hearts almost immediately and in a profound way.

Dive in wholly and feel the raw truth and vulnerability of this incredible real-life story. You can't help but to be inspired and deeply touched. This brave and heart-wrenching adventure will forever change the way you look at suffering and enlightenment.

"I am fascinated by this book...! It is very moving, sad, interesting...it brings so many feelings in the way the author tells the story that "has to be told"! I couldn't put it down. I finished the book thinking this is an Awakening material that everyone, teenager or adult MUST read! I have not read any explanation of the unity of the self with the universe with such flow of energy and so graphic; I could float!" ~ Esther Gonzalez, Graphic Artist, Orlando, FL

"WOW! This is one helluva book. I think that may be what happens when one lets the words coming from the creative brain pass through the heart before getting into print.

Shellee Rae manages to create a mental and emotional linkage with the reader that is very strong. About three pages into the book, the power of her words and her style, and the pervasiveness of the emotions behind them, the emotions that made the words and the style something alive and something uniquely hers, took over my mind!

There are a lot of ways in which books are classified { novels, bios, how-to's, etc. } but if there is a category called, "If I can do it, so can you, don't give up, give it a try, I will help.", that is where this work belongs. It is truly inspirational!" ~ Lou Goldberg, Boston, MA

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Earline Shepler:

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Denise Barnhart:

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James Longo:

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