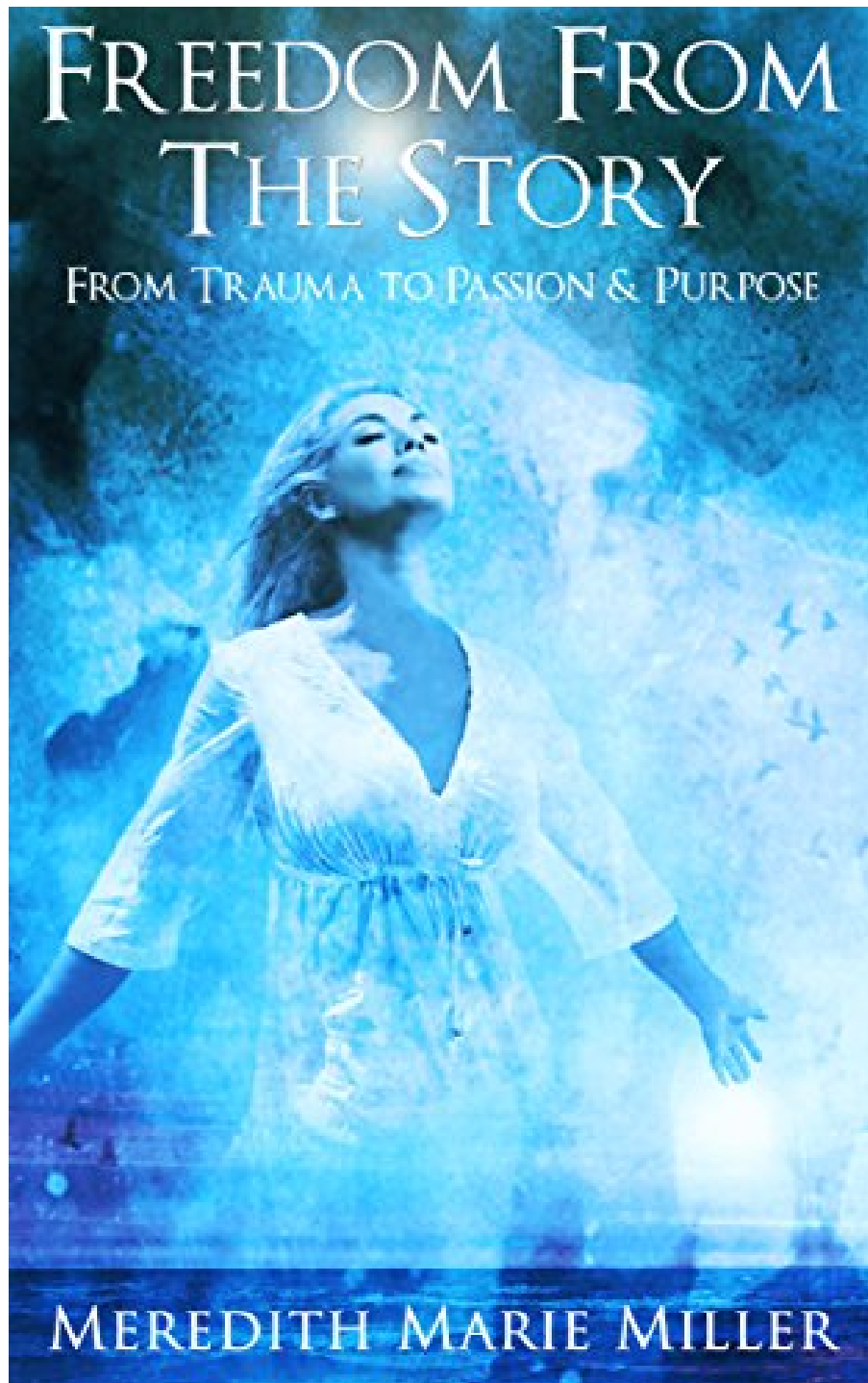


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This book takes the reader into the realm of the author's personal healing journey, wandering from the Andes Mountains of Peru to various places in her native country. Along the way, she realized that the trauma of childhood sexual abuse and psychologically abusive adult relationships once holding her captive, became her ticket to freedom. It was the wound that catapulted her into a greater sense of passion and purpose. The insights she extracted from a severe illness as well as various spiritual practices and transpersonal experiences reconnected her with her true self and the love that is the essence of all things. She has come to understand that mystical experiences induce a powerful sense of interconnectedness, the keystone of healing and thriving in human life.

The author also takes it a step further from the personal to the collective, as she presents the societal implications of abuse and trauma, and the importance of breaking the silence surrounding these issues in order to move forward as a thriving society, creating a more prosperous future.

Insights into the nature of the healing journey are presented as the author has observed this process through her personal and professional life as a seeker, coach, and teacher.

Freedom from the Story is essentially a journey of spiritual awakening.

- Sales Rank: #667020 in eBooks
- Published on: 2015-03-17
- Released on: 2015-03-17
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4 of 4 people found the following review helpful.

Let your healing begin. Let your understanding grow.

By Fooby Scoo

I had the pleasure of meeting Meredith in Peru. She was full of positive energy, a different kind of person than most. When I learned about this book I became interested about her healing journey. Freedom from the Story is more than just a self help book, it provides the reader with spiritual insights, and for us men it is a glimpse into some of the struggles women may face. Paired with my own journey in Peru, her words helped me unbundle my own story and begin healing. I've since recommended the book to my dear little sister.

2 of 2 people found the following review helpful.

If you read this, your life will change...

By Shibumi Rose

This is the call of our most authentic self begging and pleading for us to return home! This is such a loving and non judgemental guide to helping release fear so that we can take steps forward in our lives in a way that feeds our mind, body & soul. Meredith's willingness and courage to share her own journey (the good & the

"ugly") is a HUGE hug in book form from what feels like an old friend saying that we are not alone in our journey. Read it! If any one part feels over whelming (there is a multitude of awesome information & suggestions) keep reading... you may be surprised at what comes up later & you may use different parts at different times. This is a treasure!

1 of 1 people found the following review helpful.

A very great read!

By Anna

I am really impressed by this book! Indeed this book from Meredith Marie Miller is such a touching one. I am the person who's really into such books and this is surely one of my favorite for it is not just a simple tome but you can definitely bring it with you all throughout your life. For me, the best thing about this book is its reflections with what is life in reality that some of us weren't able to realize. I highly recommend this book to others out there who are also searching for their life's purpose. A very great read!

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