



The Complete Being: Finding And Loving the Real You

Tami Brady

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Like many people, I used to spend a good deal of my time fantasizing about the life I wish I had. Caught in the mindset of “I could never do that,” “why can’t I be more like so and so,” and “nothing is ever going to change”, I felt my dreams slipping away. But one simple question, why not?, changed my life forever. This phrase challenged me to take control of my life and start driving towards the me I always hoped I could be.

The Complete Being: Finding and Loving the Real You will help you realize your own hopes and dreams. This book contains the wealth of my own personal journey to contentment in easy to adapt exercises that you can use to identify and strive towards your own life ambitions. You will regain control of your own destiny by applying these simple yet thought-provoking exercises in the mental, spiritual, emotional, and physical aspects of your life.

What People are Saying About The Complete Being

“The main point I saw in this work, and one I thought was outstanding, is that we are all individuals, unique and that one set formula may not work for everyone. I believe that is what makes her work different than other self-help books.”

—Shirley Johnson, Midwest Book Review

“I found myself submersed in this book, discovering it a true source of encouragement, that however overwhelming life becomes, we should stay aware of what we want, never forgetting where we come from or what our dreams are.”

—Tracy Jane-Newton, *An Alternative View*

“The Complete Being is meant to aid you in the further exploration of your wants, needs, and desires as well as your hopes and dreams. It is a very suitable guide for those painful first steps toward self-knowledge.”

—Robert Rich, PhD, author of *Cancer: A Personal Challenge*



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