



You Are Not Alone

Nadja

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You Are Not Alone Nadja

This book was written to catch the attention of people who live in the dark world of fear and depression, and for those who are so distraught that they are considering suicide as a possibility. After living in darkness for many years, Nadja was able to find her way out and today lives mainly in joy and in the present moment. She wants to help those lost souls like she was discover their authentic self so they can transition from a black and gray world into one dancing with vibrant color. This book encourages the readers to move from being the passive effect of circumstances into becoming creators of their own fulfilling lives. Reading *You Are Not Alone* is like having an intimate conversation with a friend who truly knows you and what you are going through. It will rekindle hope in those of any age who have given up and coax them back into Life to become all they were born to be. When those in despair open the pages of this book they will recognize themselves. Today there are numerous people who are disconnected and discouraged to the point of feeling hopeless. This can cause them to commit suicide or even homicide as we have been witnessing on the news. The author feels that this book addresses these issues and could help alleviate these problems by giving distraught youth and others hope and direction. The writing is on a deep emotional level and has the ability to connect with those who are inundated with feelings of anger, fear, hate, worthlessness, depression, and other negative emotions. It offers an alternative path for people who feel their only choice (or escape) is to act out. This publication could be instrumental in the rehabilitation process and help prevent the tragedies that are all too prevalent today. The MP3 version of the book is available from NadjaMedia.com This book should be available in all public libraries, school libraries from junior high school through college, in prisons, rehabilitation centers, veterans' facilities, hospitals, women's centers, shelters and honor farms, homeless shelters, free clinics, abortion clinics, youth detention facilities, New Age centers, churches, and religious institutions of all faiths and religions.

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Kevin Diaz:

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