



End Your Story, Begin Your Life: Wake Up, Let Go, Live Free

By Jim Dreaver



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Each of us has a personal story; a narrative that we tell ourselves about who we are. But too often those stories limit our possibilities and achievements. In *End Your Story, Begin Your Life*, Jim Dreaver offers a profound message: we can overcome obstacles, develop our creative power, and discover our true nature by letting go of the personal stories that define us.

Dreaver lays out a straightforward practice that will help reader learn to see and experience life in the present moment, free of any negative thoughts, concepts, beliefs, or stories. He walks readers through his simple, easy-to-use three-step practice for transformation: be present with your experience; notice your story; see the truth.

Dreaver shares his own spiritual journey to seek enlightenment and inner freedom, and reveals how he discovered this effective practice. He interweaves stories about people he has worked with using this process, both privately and in workshops, and the successful transformations they have made to happier more fulfilling lives.

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Editorial Review

Review

"A powerful and wisdom rich book that will help you reclaim your greatest life." --Robin Sharma, author of *The Monk Who Sold His Ferrari*

"Everyone wants to achieve mastery. You have in your hands the guide to instantly absorb and use the wisdom herein." --Mark Victor Hansen, co-creator, *Chicken Soup for the Soul*

"There are no fancy poses or intricate breathing techniques in her, but this is the real deal...Let go of your imaginations about who you are and the world is, your 'story,' and discover your true nature." --Erich Schiffmann, author of *Yoga: The Spirit and Practice of Moving into Stillness*

About the Author

Jim Dreaver has been guiding others in the fields of mind/body integration, stress-management, and personal mastery for twenty-five years. He is a speaker and teacher who has appeared at conferences and workshops across the country, including the Esalen Institute and the Whole Life Expo. He lives in Los Angeles. Visit him at: www.jimdreaver.com

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