



The Path To The Real Me

Pete Isip

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Have you ever gone through a struggle or obstacle in life that you just can't seem to let go of? Whether it's depression, stress, anxiety, worthlessness, etc. the hardest struggle can be found in us being addicted to our habits and how they affect us daily. The fact is we want to change, we want better lives, but there is one thing that gets in our way: Ourselves. The Path To The Real Me was written to show you how you can get out of your own way and finally become the great person you knew you could always be. We are all born with gifts and talents that were made to bring our lives pleasure and those around us. This book will show you how to get through the dark days of your life so you can be on the path to the brighter days to come. From my personal bouts with multiple eating disorders, injuries and battles of depression you will learn how I too struggled the practical steps I took along the way to overcoming them. The real you is out there, let's take the path together to finding you.

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Matthew Dealba:

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