

# JOURNEY TO WHOLENESS

HEALING THE PAST, EMBRACING CHANGE, AND  
LEARNING TO LET GO

Author: Sarah Moon

Categories:

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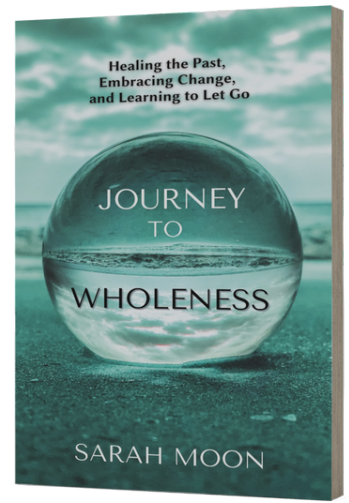
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## JOURNEY TO WHOLENESS

**Our thoughts and words are the architects of our reality.** They have been interwoven into history, shaping not just ourselves but the world around us for centuries.

The universe has laws that are unbreakable, such as the law of gestation, polarity, gravity, time, forgiveness, gratitude, and many more. Many of us are unaware and go against them, fighting their principles instead of using them for our advantage.

**People tend to re-act instead of taking a moment to think,** change perspective and take action. One can stop feeding the argument by simply taking action instead of being enticed to keep on fighting. Love and fear are the two emotions that rule the human body. Everything between is a derivative of the two. Love brings us freedom and joy. Fear takes us to regrets and unhappiness.

In Sarah Moon's book, Journey to Wholeness, readers embark on a journey of self-reflection and transformation. Through working through exercises set at the end of each chapter, they can gain insight into their thoughts and feelings while **building an empowering mindset** enabling them to help others in similar situations along their own journeys.

**Make the most out of life;** don't just exist, truly experience it! Every moment is a chance to create something amazing.

**Life is to be enjoyed, quit surviving it!**

## ABOUT THE AUTHOR



Sarah Moon, originally from Brazil and now residing in Utah since the age of seventeen, is a devoted student of healing, self-improvement, and diverse perspectives. With over two decades of experience in her coaching business, Sarah has aided numerous clients in emotional release, energy alignment, and elevating their vibrational frequency. Her personal transformation from battling suicidal depression at twenty-five to becoming a certified Reiki practitioner showcases her profound commitment to bettering lives. Sarah, a mother of four and a doting nana to three, finds solace in nature, writing, and exploring new places. A passionate speaker, she imparts her wisdom, embodying her mantra: "I'm attached to nothing and open to what life brings."



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