

IT BEGINS WITH ME

NAVIGATING
YOUR JOURNEY
TO PERSONAL
FREEDOM

MICHAEL
BLOMSTERBERG

It Begins with Me: Navigating Your Journey to Personal Freedom

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It Begins with Me: Navigating Your Journey to Personal Freedom Michael Blomsterberg

Michael Blomsterberg walks alongside us, guiding us on our path to creating sustainable personal fulfillment. With a respectful yet frank delivery, *It Begins With Me* reads with a subtle simplicity, providing profound material in a refreshingly accessible way such that we leave feeling empowered and invigorated. Its candor and humor resonate on an intimate level, gently carrying us through important self-discovery that could otherwise feel perilous as we delve inward. Michael's supportive process assists us in identifying what needs to be addressed within us in order to set ourselves free. The tools and knowledge illuminated in this book allow us to recognize who we truly are, who we can be for ourselves, and how to constitute the transformations we desire for ourselves and our lives.

It Begins with Me: Navigating Your Journey to Personal Freedom Details

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Robert Marsh says

Full disclosure, I've called this author a friend for a few decades now. I enjoy his company - both in person and on the page.

I'm happy to report this book is more than useful, it's thought-provoking. It's like having your own personal life coach available 24/7 - one that's ready to help you through your existential crises and emotional catastrophes -- all for the cost of a paperback book.

The book is only 168 pages so a reader could simply breeze through it. That would be doing yourself a disservice. The power and depth of the book reveals itself when worked through slowly, taking time to digest its insights, working through its pages and exercises over the course of several weeks.

You'll find this author knows his stuff. His compassion and empathy are evident on every page. As is his desire and ability to empower the reader. Most important, he encourages honest self-reflection -- without condemnation.

Want to feel good about yourself and life? Reach for this book. It's an exhilarating resource.

Julia Flint says

Found this book at a healthcare place where I was hoping to cure my physical ailments -- lo and behold, this book is helping me with my mental and emotional state! I opened it, read one page and felt like he was talking to me. Simple talk, practical solutions, easy read (and no judgment!). Every time I start to lose touch with my awareness, I open Michael's book and read a chapter. I love his concept of embracing how you feel so that it doesn't break you (I'm not wording it nearly as wonderfully as he does!). Great book, highly recommended!

Generadeverizon.Net says

I thought the book was great. At my age it still taught me things I never knew. Wonderful book.

Ryan Madman Reads & Rocks says

I won a copy of this book in a Good Reads giveaway.

It Begins With Me by Michael Blomsterberg is part self-help and part Zen philosophy wrapped up in a gluten free tortilla. (Gluten free foods seem to be all the rage nowadays.)

Normally, I steer clear of self-help books because most of them just recycle the same bits of wisdom and expect that everyone will learn something from their rehashed philosophical musings. But this book is the first one I've come across that doesn't point the finger or patronize the reader. By which I mean it actually offers up some very practical and useful advice.

Such as learning to appreciate every single aspect of one's own life. Blomsterberg is good at pointing out that each of us has our own path to follow and it can be counterproductive to compare and critique each other's personal journeys. Which, to me, definitely makes sense.

Above all else, he emphasizes the importance of self love. That's right... before we tackle anything that life throws our way we must first learn to accept and love everything that makes each of us so unique. This happens to be something I've always believed in.

Another thing I like about this book is the short chapters. Each one is like a quick dose of positivity and encouragement. It's almost like having your own life coach available 24-7.

If you like self-help books that are really insightful and uplifting then I recommend reading *It Begins With Me* by Michael Blomsterberg.

I give it 4 out of 5 stars. ????

Rains says

I highly enjoyed this read. It touches in all aspects of your life where you are troubled and needing help. What really stuck out to me was that this book isn't about being nicer to other people or your surroundings. It's about being nice to yourself and letting everything else fall into place around you.

This book is very enlightening. It is set up and constructed in such a way to keep you thinking internally. It keeps you on your "mental toes".

I was surprised and very pleased when I finished this book, as it enlightened my mind in almost every mental state I can comprehend.

Everything was very well thought out and worded in such a way it was easy to take in and not be defensive. It was 100% non-judgmental, because as I said before, this book is all about you, and you are perfect and never wrong.

I LOVED that. The meaning behind being you and loving "you". The description of how every thought is perfect, no matter how "wrong" it may be considered, was something I never thought of before.

If you allow yourself to read this book and honestly take it all in, you will find more depth to yourself that you thought possible. It may surprise you how much you don't know about yourself.

This book is definitely one to read when you are in need of love.
