FOREWORD REVIEWS THE INDIE WE LOVE.

Self-Help

The Imprint Journey: A Path of Lasting Transformation to the Authentic Self
Liliane Desjardins
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We ask ourselves why we repeat the same behavior despite the consequences to ourselves and others. In *The Imprint Journey*, Liliane Desjardins attributes this phenomenon to the subconscious imprints that one has accumulated through experience within the family of origin, society, and culture. These deep seated beliefs are intricately attached to one's psyche, hampering development and understanding of one's authentic self.

The beginning of the book delves eloquently into Desjardins' personal experience. Her journey over decades shows the reader they are not alone and how she became conscious of her beliefs and discovered a method to unearth and examine them. The plethora of self-help books on the shelves today indicates a society riddled with self-doubt, pain, and hunger for solutions. It is rare that real solutions are provided in a clear and pro-active manner, as they are here.

"In the fall of 1945, I started school. It was supposed to be a happy time in my life. Instead it turned out to be a time of conflict," writes Desjardins. "My teachers said that God did not exist. I had already come to that belief because of the war, or at least, that if there was a God, He abandoned us." This sentiment rings true for so many people today faced with the natural disasters, unemployment, premeditated crimes, and distrust in government and politicians rending a sizable hole in our society. We want hope.

The Imprint Journey lays out the elements of negative self-beliefs and the author posits that what has transpired and been internalized by all of us affects the present day. From why we feel the way we do, she presents concrete suggestions: regenerating hope, integrity, and self - love through cerebral means is coupled with recommendations for mediation.

Desjardins illustrates specific issues through the stories of others and their quests for authentic selves. While she and her husband, Giles, own The Pavillon, institutes in Canada and North Carolina with treatments addressing the issues covered in her book, the book is not a hard sell. Instead it provides guidance, recommendations for further reading, and an emphasis on

creating healthy relationships with one's self, family, and friends. The author makes connections between the individual and the spiritual realms, our feelings versus reality, and explains the differences and similarities. Expert opinions and references to twelve-step programs lend gravitas to the text.

Desjardins is a Certified Clinical Addiction Specialist, workshop leader, and co-author of *Rewriting Life Scripts*. An artist, her stained glass windows are installed in the Catholic Chapel at John F. Kennedy Airport.

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