



Awake & Aware: Top Priority: Self

Cathy LaCounte

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A Big Picture book without the pictures. Shift your paradigm. Change your attitude. Reclaim your power. Self-help meets Awake and Aware. Get ready to have your socks knocked off and your world rocked. One could say that your world will be turned on its ear, but this is really an opportunity to set an upside-down world back upright. In order to help this world, you must first help yourself. In order to help yourself, you must first understand how we got to this point, the influences behind all facets of our everyday lives, and understand the truly significant times we are living in. We can do it all if we get our priorities straight.

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