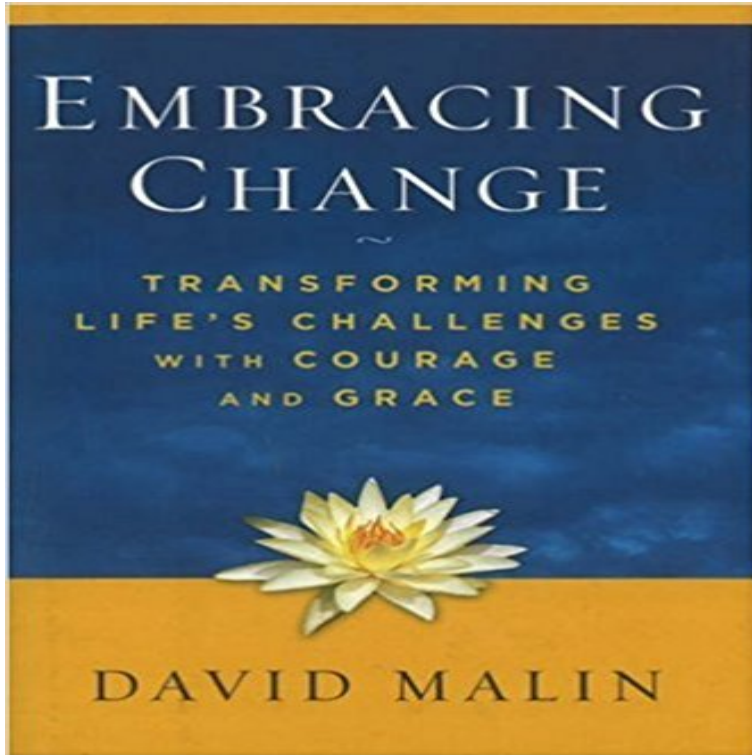


# Embracing Change: Transforming Lives Challenges with Courage and Grace



David Malins book, Embracing Change, is an invaluable primer for anyone interested in self-healing. This humorous, easy-to-read guide includes specific details about how to heal oneself, not only physically, but emotionally, mentally, and spiritually as well. Embracing Change covers each of these topics practically, using stories, creative metaphor, and wit. The book acts as a guide for readers on the sometimes difficult path to self-healing, providing guideposts to illuminate the way. Each chapter can also be read on its own, or returned to later, revealing new insights to readers at different stages in their lives. The books fresh perspective will enable even readers who are familiar with principles of self-reflection and self-healing to make new discoveries.

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