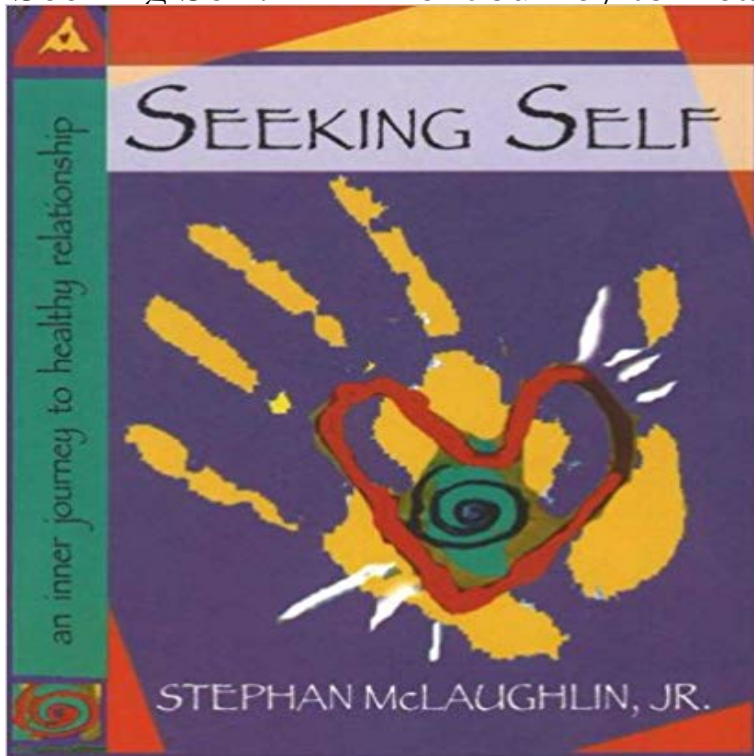


## Seeking Self: An Inner Journey to Healthy Relationship



Our current state of discontent or satisfaction can be better understood through honest and sincere self-inquiry. Seeking Self: an inner journey to healthy relationship is a guidebook to such an exploration. Stephan McLaughlin, Jr. offers Five Ways that anyone, whether motivated by suffering or curiosity, can follow to learn, heal and grow. These Ways show us a path to a deeper relationship with our real Self and can ultimately help us establish a cornerstone for growing more meaningful relationships with other people. Simply stated, healthy relationship begins with being more aware of Self and the impact of our personal beliefs and choices. The reader is gently awakened to the significance of the little things in our lives, our words, actions, reactions, beliefs, assumptions, feelings and needs, and how these come together to form our relationship experiences and consequences. With refreshing candor, humility, and clarity, Stephan McLaughlin shares his own story of healing and transformation. Anyone who has ught to discover their own identity, overcome addiction, or find happiness in relationship with others will be able to identify with and benefit from this inner journey. The relationship skills and tools that Stephan presents are simple and profound. More importantly, they work! Ones entire life and relationships can change for the good by applying the experience, strength, and hope found within the pages of this wonderful book. Without blame or shame Stephan inspires us to claim our woundedness and consider the nurturing and healing choices that helped him create more fulfilling and joyful relationships in his own life. The intention of Seeking Self: an inner journey to healthy relationship is to share these gifts with each reader so they too can know Self in a healthy, loving way and begin to experience the inner joy and harmony they desire and deserve.

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