



# **You Were Not Born To Suffer: Love Yourself Back to Inner Peace, Health, Happiness and Fulfillment**

*Blake D. Bauer*

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Discover why all suffering, illness, and unhappiness are cries from your soul and subconscious mind asking you to fulfill your life's purpose, realize your greatest potential, and ultimately, love, honor, and value yourself in every moment, situation, and relationship. Born out of Blake D. Bauer's personal healing and spiritual journey, as well as his professional counseling, coaching, and healing success with thousands of people internationally, *You Were Not Born to Suffer* offers a unique combination of deep insight and practical guidance that will empower you to transform your suffering in the present and move forward immediately in creating what you want and need most in your life right now. Written in heart-centered, easy-to-read language, *You Were Not Born to Suffer* will guide you through the most challenging obstacles and lessons you'll face in your quest for healing, purpose, success, and overall freedom. Above all else, this book will enable you to relate to yourself with unconditional love, kindness, and compassion so you can transform the core psychological, emotional, and physical blocks that are sabotaging your health, happiness, and overall wellbeing. *You Were Not Born to Suffer* offers a refreshing integration of ancient and timeless wisdom, synthesized from various spiritual and medical traditions, that goes straight to the heart of our deepest wounds, needs, desires, and dreams as human beings. Once there, it inspires unconditional love, respect, acceptance, and forgiveness in the places that are universally the most difficult for us to embrace. At the same time, it also clarifies how to effectively direct your thoughts, words, and actions toward creating the "best" in every aspect of your personal and professional life. If you are serious about healing yourself, fulfilling your life's purpose, and awakening spiritually, then this book will support you to take your life, your power, and your destiny back into your own hands so you can live your life to the fullest—without regret.

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