



Finding Your True North

C. J. Frost

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C.J. Frost writes a heartfelt, funny and sincere account of how he found happiness and redemption in Finding Your True North. C. J. Frost began experiencing physiological distress after the death of his father. He didn't know where the pain and hopelessness was coming from but it had, throughout his life, left him friendless and alone and in dead-end relationships where he had played and used every woman he was with. As his memory began to become clear to him, he realized he'd been dramatically traumatized as a child. What followed was a exploration that led him into a place of darkness and self-destruction that cost him everything-his marriage, his livelihood and C.J. found himself homeless with no friends and no where to turn. After years of scraping rock bottom, C.J. had an epiphany. He knew he had to turn his life around, not just for him, but for his son. His son became his "True North" and C.J. slowly and painfully began the tenuous path of self-discovery and recovery. Finding an unbridled passion for everyone that is lost, alone and who feel there is no hope and no way out. Frost's inspiring narration will encourage you to reach for and find your own True North, no matter what your life situation or past experiences.

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Victoria Owen:

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Barbara Saddler:

The reason why? Because this Finding Your True North is an unordinary book that the inside of the e-book waiting for you to snap the idea but latter it will jolt you with the secret the idea inside. Reading this book next to it was fantastic author who also write the book in such awesome way makes the content within easier to understand, entertaining way but still convey the meaning completely. So , it is good for you because of not hesitating having this any longer or you going to regret it. This phenomenal book will give you a lot of positive aspects than the other book have such as help improving your proficiency and your critical thinking means. So , still want to hold up having that book? If I were being you I will go to the guide store hurriedly.

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