



# Be True to You: A Practical Guide to Pursuing an Authentic Path

*Ruthann M. Wilson*

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## **Be True to You: A Practical Guide to Pursuing an Authentic Path** Ruthann M. Wilson

Ruthann M. Wilson was once where you are now. She lived her life from the outside in, accommodating others and trying to fit in. Outwardly successful, she felt as if she lost a little more of herself every day. She wasn't being true to herself.

Everything changed with a powerful spiritual awakening. Reconnecting with her spiritual core gave Ruthann the strength and guidance to begin living a life of personal truth, authenticity, and joy.

*Be True to You* is both Ruthann's story and an engaging approach to self-renewal and personal leadership. You'll learn to explore your true purpose, passions, and abilities; assess who you really are; and make room for new beginnings and new opportunities.

Ruthann guides you through the process of personal renewal with powerful tools and practical advice, ending with a daily framework that cultivates balance and harmony in your life. You'll discover the power of grace and gratitude, and how to move forward one day at a time while building yourself a compelling future.

It's time to stop living from the outside in and let your heart guide you from within.

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