

THIS BOOK IS NOT FOR EVERYONE

Human beings face a wide range of challenges. People deal with everything from short-term upsets and simple errors in communication to long-term problems and deep emotional wounds that cry to be healed.

Sometimes serious problems call for therapy, hospitalization, or medication. Such problems go far beyond the scope of this book.

Falling Awake is recommended for already successful people who want to be even more successful. This book is not intended to deal with mental disorders or to be a substitute for medical treatment. If you are severely depressed, overly anxious, or have suffered from poor physical or mental health for extended periods of time, please seek professional care.

People are unique, and books cannot fully take individual differences into account. Please view the content of this book solely as a starting point for creating your own options and solutions.

