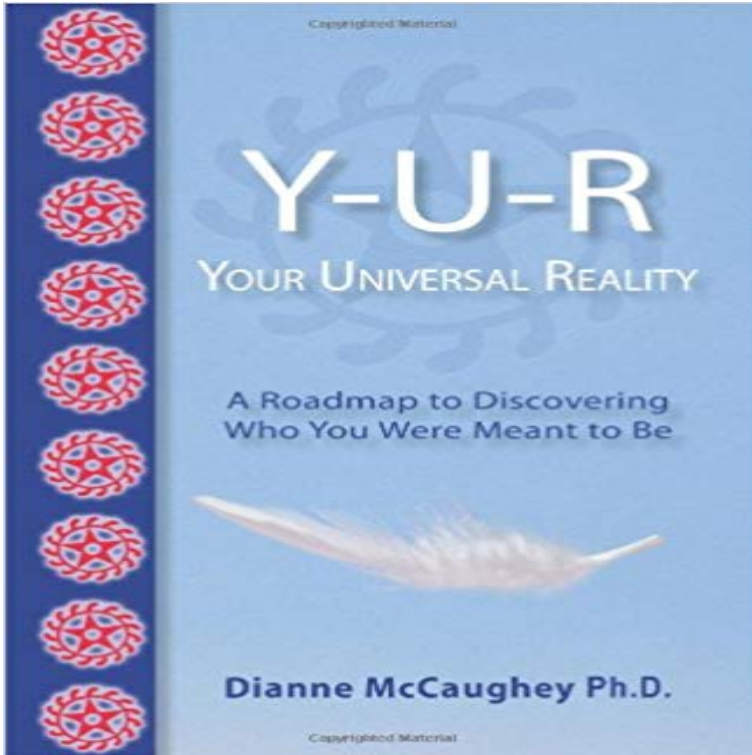


# Y-U-R: Your Universal Reality: A Roadmap to Discovering Who You Were Meant to Be



We all have choices in life. When faced with adversity, we can either choose to sit back and let it damage us spiritually, emotionally, and physically, or we can take our power back and use it to become the person we were meant to be. Y-U-R, Your Universal Reality gives you a roadmap of life's journeys and will help you address questions about the origins of your own unique coming into being. Personal wellness consultant Dianne McCaughey, Ph.D., gives you the spiritual, intellectual, and psychological tools necessary to deal with the ups and downs of life including scientific research, personal experiences, and insights. Dr. McCaughey reveals how various methods of discipline and parenting cause us to be who we are and focuses on how genes, lifestyle, and our environment within the womb also create a piece to the puzzle of our existence. In addition, she discusses birth order, our gender, and the gender of our siblings to show the impact on our inner child, which is often wounded. It is the healing of this inner child that paves the way to awakening. This passage toward wisdom and enlightenment is a dynamic, continual realization of oneself. Y-U-R, Your Universal Reality will inspire and motivate you to seek your personal truth. Let the journey begin!

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