



Begins With Love, Ends With Happiness: The 11 Commitments That Lead To Happiness

Michael Fireborn

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An inspirational true story that intimately details author Michael Fireborn's struggles with addiction, depression, disease, and confidence. Michael candidly dives into topics such as genital herpes, sex, religion, drugs, alcohol, and sobriety. Michael takes you to the lowest points of his life when he was overcome with guilt, shame, and anxiety, and then he skillfully explains how he discovered self-love and happiness. If you've ever felt lost and alone, this book is an excellent companion. Michael's comeback story illustrates how anyone who wants a better life for themselves can call upon their own will-force-power to create a life of true abundance and happiness. Right from the beginning of the book, he challenges you to commit to a higher degree of truth. In fact, throughout the book, he asks you to pledge yourself to what he calls "The 11 Commitments." The 11 Commitments are key to the book's impact on the reader. As you complete the study of the book, The 11 Commitments will be your easy reference guide to integrate what was learned into your daily life. The commitments ask a lot of the reader, but what the reader is seeking (happiness, liberation, confidence, and love) requires a certain degree of commitment. The reward for adopting what Michael calls "a conscious lifestyle" is priceless. Throughout the book, Michael skillfully weaves in reminders that abundance and happiness have very little to do with material gain but, rather, everything to do with your level of love and appreciation for who you are and what you are here on this planet to contribute. Have you found your life purpose, are you living to your fullest potential, and are you excited to wake up every day? If you can't honestly say YES! to all these questions, then this book is for you. Michael takes you on his hero's journey and gives you several meditation techniques and tools for a powerful prayer practice, and he explains how to cultivate better discernment. If you want to know how to let go of fear, get out of your head and into your heart, this book is for you. How many times in life has the average person made a poor choice or gotten themselves into trouble they didn't think would be possible to get out of? Surprisingly, the majority of people have had to deal with several obstacles in life. Whether it's a sex addiction, dealing with shame, an unexpected pregnancy, anxiety, drug/alcohol addiction, or even something as embarrassing as a sexually transmitted disease—like genital herpes—there's always a lesson to be gleaned from life's circumstances. One of the most beautiful lessons Michael shares in this book has to do with his deep depression as a young adult living with genital herpes. He contracted what he calls his "karmic predicament" in his teens, and this very hushed and taboo disease led to years of depression, alcohol/drug abuse, and social anxiety. It wasn't until over a decade later that Michael found a permanent cure for herpes and radically changed his life forever. If you want a miracle, Michael points you in the one direction you can travel to make miracles happen: inward. Throughout the book, Michael details several techniques that help a person fall deeper in love with themselves and ultimately manifest more happiness. The strongest message throughout the book with regard to healing techniques—living a balanced life and cultivating happiness—always comes back to prayer and meditation. The book explains the differences between prayer and meditation in a way that anyone can understand. This book isn't just for addicts, alcoholics, or people who are dealing with some kind of major life issue. This book is a fun read and wildly entertaining. Even the person who has been a yogi for several years, practicing meditation, and living a conscious lifestyle will fall in love with this book. If you want to laugh, cry, and have some interesting stories or conscious lifestyle techniques to share with your friends, pick up this book.

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