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Natural Self Discovery: A Creative Journey to Sanity in an Increasingly Insane World

Pamela S. Hoke

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Natural Self Discovery: A Creative Journey to Sanity in an Increasingly Insane World

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Natural Self Discovery: A Creative Journey to Sanity in an Increasingly Insane World Pamela S. Hoke This book is the inspiring journey of a nature artist living a dual life as a business-minded brand designer, desperately seeking balance within an unbalanced society. She shares the intimate broken parts of her personal life, and how she emerges into re-discovering and trusting her natural self, helping her get to the core of the cyclical problems that keep holding her hostage. Natural Self Discovery goes beyond just sharing this unique journey, it strives to share a missing ingredient that even the most recognized specialists in psychology, through the biological and environmental sciences, are not including as part of a solution to today's recurring ills and conflicts. We can all learn the secret of tapping back into the natural creative genius we were born with, and begin acknowledging and fulfilling our own individual natural needs, voids and hurts, to ultimately radiate this wisdom into our daily lives and those of others to acheive a natural balance in life that is healthier and happier.

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