

# Walking On The Wind: A Journey of Discovery and Empowerment

In her powerful and inspiring memoir, *Walking On The Wind*, the author takes readers on a journey of discovery and empowerment. Through her raw and honest storytelling, she shares her experiences with addiction, recovery, and the transformative power of nature.

The author's journey begins in the depths of addiction. She describes the pain and desperation that led her to use drugs and alcohol as a way to escape her problems. But her addiction only made her problems worse. She lost her job, her home, and her relationships. She was on the verge of giving up when she found hope in an unexpected place: nature.



## Walking on the Wind: Cherokee Teachings for Harmony and Balance by Michael Tlanusta Garrett

★★★★☆ 4.7 out of 5

Language : English  
File size : 3696 KB  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Screen Reader : Supported  
Print length : 142 pages

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The author began spending time in nature, and she quickly realized that it had a calming and healing effect on her. She found solace in the beauty of the natural world, and she began to feel a sense of peace and connection

that she had never felt before. Nature became her sanctuary, a place where she could escape the chaos of her addiction and find renewal.

As the author spent more time in nature, she began to learn about herself and her addiction. She realized that her addiction was a symptom of deeper problems, such as trauma and low self-esteem. She began to work on healing these underlying issues, and she slowly began to rebuild her life.

Today, the author is a successful businesswoman and author. She is also a dedicated advocate for addiction recovery and mental health awareness. She speaks to audiences around the world about her journey, and she inspires others to believe that they can overcome adversity and achieve their dreams.

Walking On The Wind is a powerful and inspiring memoir that chronicles the author's journey from a life of addiction and despair to one of purpose and fulfillment. This book is a must-read for anyone who is struggling with addiction or who is looking for inspiration to overcome adversity.

### **Praise for Walking On The Wind**

"Walking On The Wind is a raw and honest account of addiction and recovery. The author's journey is inspiring and will give hope to anyone who is struggling with addiction." - **Dr. Drew Pinsky**

"Walking On The Wind is a powerful and moving memoir. The author's story is a testament to the human spirit's ability to overcome adversity." -

**Marianne Williamson**

"Walking On The Wind is a must-read for anyone who is interested in addiction, recovery, or the power of nature. The author's story is inspiring and will stay with you long after you finish reading it." - **Gabrielle Bernstein**

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Walking On The Wind is available in paperback, hardcover, and e-book formats. Free Download your copy today and start your journey of discovery and empowerment!

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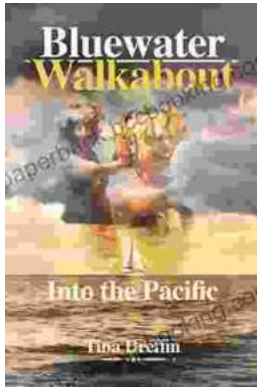
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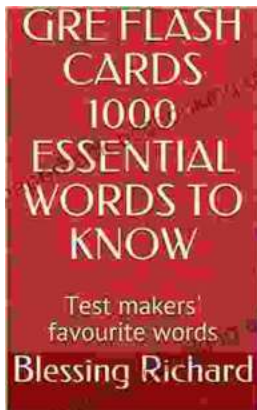
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