



The Center To Really Live Inc.

January | 2022 | Issue 22



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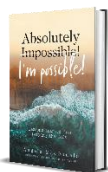
To Really Live Blog – By Angela MacDonald

Coming Soon to a Bookstore Near You!

I am very excited to share this news that, FINALLY, my book will be complete, printed, and available to purchase in the market next month! Woohoo! This journey in writing my book, *Absolutely I'm possible!* has been an amazing, adventurous, time consuming and fulfilling journey, and a real test at times in trusting my intuition and the Universe. In my last newsletter I shared with you the excitement and gratitude I was feeling for the opportunity to reconnect with two of the three doctors who I dealt with along my journey with the diving accident and epilepsy. In my conversations with Dr. Tator and Dr. Yufe, I asked for their support in helping me track down and get in touch with one other neurosurgeon, Dr. Villemure who performed my brain surgery. I hadn't given up hope to connect.

"Make decisions from your gut, your intuition. It will not fail you."

Angela MacDonald



**Book Coming
February 2022!**

Absolutely I'm-possible!
*Lessons Learned from
Defying the Odds!*

A Teaching Memoir – Being told she couldn't to proving she could! Life lessons to learn from a quadriplegic with epilepsy who transformed into a walking, seizure-free miracle! This book will take you on a journey of healing to wholeness, transforming the *Impossible to I'm-possible* to really live a life you call your own!

By Angela MacDonald

It was Friday, November 19, 2021 and I had received the final edited copy of my book from the publisher for me to do one last read and sign off on it. I was planning to take the weekend to do that with the plan to launch my book in December....and surprise! Yet again, another dream came true! I opened up my email at the end of the day and there was a message from Dr. Villemure himself. I was surprised and excited all in one! The Universe helped direct this to happen. By surrendering to and trusting in the unknown, not knowing how or when I'd hear from him but believing I would one day, and it happened in perfect timing!

As the saying goes, everything happens for a reason. The delays that occurred prior to hearing from Dr. Villemure helped in postponing the journey for wonder-full reasons and valuable contributions to my book that you, the reader will get to be inspired by!

In my exchange with Dr. Villemure, he also provided a testimonial for my book and permission to use a photo of him and I along with a couple of documents about my brain surgery that I share in my book where he notes what the surgery entailed.

I share this with excitement and hope that it inspires you to not give up on your dreams, set goals, listen to and trust your intuition and be open to what may seem out of your control. It's about surrendering to the unknown and not losing sight of the end result you are striving to achieve. It may feel like a roller coaster of a ride at times and an ongoing pathway of changing direction or going off the beaten path of the original plan, but those are often times when new discoveries, new opportunities, and unexpected, yet desired outcomes occur!

You too can have miracles like these happen in your life. The more aligned you are with your authentic self, the more comes true!

Coaching

Positive Psychology Health
and Wellness Coaching

Executive Coaching

Career Coaching

Group Coaching



Workshops

Leadership Development

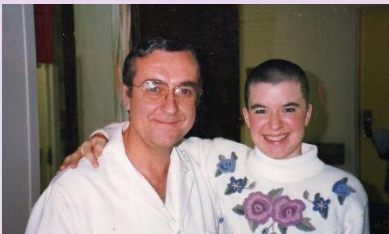
Team Building

Conflict Management

Stress Management

Health and Wellness

Dr. Villemure and Angela



Book Update

I am finally nearing the next steps of finalizing my book and getting it printed. It will be available in hard cover, paperback, and ebook! This will be a dream come true and a goal I have had for a very long time which I finally took the leap to make happen.

I am also excited to share that I will be having a book launch – stay tuned for the date, time, and location - and taking orders in advance. So, if you are interested in attending the book launch and being one of the first to get a signed copy of my book, reach out to me sooner than later and you can be one of those stars!

For all you avid readers, I invite you to connect with me on [Goodreads](#) and once you get your copy of *Absolutely I'm possible!* please do share your testimonials on **Goodreads**.

You can keep an eye out for my book to be available to order from **Amazon, Indigo Chapters, Barnes and Noble, FriesenPress** and many other local bookstores. You will also find it in alternative health stores/clinics, hospitals, and the mom-and-pop stores too. I will keep you posted where to shop for this opportunity of inspiration.

I truly hope that it fulfills my vision to give readers hope and possibility that they can apply to their own lives. Especially during these very trying times with the pandemic. And a portion of every book that is purchased will be donated to Toronto Western Hospital, so please buy and recommend for a greater cause. Let's all be kind.

Stay tuned to where you can get your copy of *Absolutely I'm possible! Lessons Learned from Defying the Odds!*

Contact information

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Let's connect and dis-cover what else is possible!

Divine Intervention!

*"Divine intervention shows
up through endless acts of
synchronicity."*

Angela MacDonald

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