



The Center To Really Live Inc.

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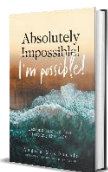
Angela MacDonald, BBA-HRM
Executive, Career, & Wellness Coach
Learning & Development Consultant

To Really Live Blog – By Angela MacDonald

Absolutely I'm possible!

I sit here in awe looking back on the past two years, both personally and globally. It was March 13, 2020 when the GTA came to a sudden halt along with other countries shutting down on a global scale due to the new Corona Virus. It was that same day that I had eye surgery and got 20/20 vision in my left eye and then later that year the same in the right eye (20/20 in 2020). What was even more significant is that I finally, after many years of dreaming about it, committed to writing a book. It has always been inside my soul since my early 20's to write a book – a teaching memoir/self-help to be specific. The procrastination of it was for multiple reasons. Early on in life it was my chattering monkeys asking who am I to become an author and share my experiences that might inspire others.

[Goodreads](#) - I invite you to connect with me here and please share your testimonials.



Book Now Available!

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

And at many other times in my life, I would think about the line by Nelson Mandela ... “*Actually, who are you not to be?*” so I spent many years working on and transforming myself into the best me possible.

I also made a decision in my 20's that one day I would write a book. Like my inner knowing of not having epilepsy one day, I didn't know how or when or what that would look like, yet at the same time, I held onto this dream to write a book. And looking back, hindsight being 20/20, I knew on some level I had to experience more of life and then I would have more to share in creation of my book.

The past two years have been one crazy, ironic, positive, negative, and all over the map kind of journey to get to where I am today with this book and my life. It was March 3, 2022 – the day that I officially became an author and my book, *Absolutely I'm possible* lived up to the title and what it's about as it was released to the public. This was a big day – the day my book was affirmed to be complete and available on the market!

And with no time wasted, the University Health Network (UHN) will be posting an article about my book in their Round Up that goes out to Toronto Western Hospital, Princess Margaret Cancer Centre, Toronto General Hospital, Toronto Rehabilitation Institute, and The Michener Institute of Education.

When you order your copy of my book from my [website store](#) page a portion of the proceeds of each book will be donated to Toronto Western Hospital for spinal cord research and brain research. That is the least I can do to give back. Please join me in being part of a bigger purpose of this book. Thank you.

Coaching

Positive Psychology Health
and Wellness Coaching

Executive Coaching

Career Coaching

Group Coaching



Workshops

Leadership Development

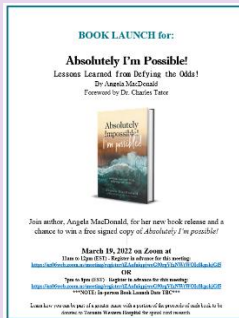
Team Building

Conflict Management

Stress Management

Health and Wellness

Book Launch



Book Update

I'm excited to make this official announcement of my book and express my gratitude, acknowledgments, and share some details. If you would like to learn how to **get a signed copy** of my new book and be part of a greater cause, you are invited to my [online book launch](#) on **Saturday, March 19 at 11am**. Please join me by registering for this zoom meeting:

[Saturday March 19 from 11am to 12pm EST](#)

Foreword Reviews

Check out the ******4**
out of 5 star****
Clarion rating and
overview for my book on
[Foreword Clarion](#)
[Reviews](#).

Angela MacDonald

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I look forward to sharing some details with you about the journey with my book, what's special about March 19th, and the final outcome and next steps of *Absolutely I'm possible!*

If you missed my previous announcement a few weeks ago, check out the ******4 out of 5 star****** Clarion rating I received from Foreword Reviews and the write up they included.

And for all you avid readers, I invite you to connect with me on [Goodreads](#). Please do share your testimonials on **Goodreads** (and other avenues) after you get your copy of *Absolutely I'm possible!*

My book will be available with **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. And as mentioned ordering from me directly has a greater cause with donations going to Toronto Western Hospital. Thank you for being part of this journey with me.

Contact information

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Let's connect and discover what else is possible!

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