



By Christy Freddo

# Chapter 1

## From Darkness to Light: My Story of Transformation

For over a decade, I kept quiet about the ugly parts of my past, not even telling my closest friends or even my husband.

One day, while talking to a colleague, my entire story, that I had always held so close to my heart and guarded with my life, somehow leaked out for the very first time, 12 years after it unfolded.

My colleague encouraged me to write a book and helped me understand how I could help other people transform their lives by being honest about my life (and not just the good parts I show on Facebook) and by sharing the HOW behind my transformation of a lifetime.

Let's start by telling the previously untold...

In 2011, in a span of six months, I freed myself from the gilded cage that was my high-paying, glamorous but horribly toxic corporate job that everyone envied, left a decade old abusive marriage to a seemingly charming man everyone loved and finally admitted to myself I was an alcoholic and got sober after 20 years of hardcore drinking.

So I was now a newly sober, 36 year old single mom with no job prospects, no sober friends, no hobbies and no idea what to do next.

To the outside world, it looked like my seemingly perfect life had fallen apart but in my world it had actually started falling together. I soon found tools and strategies to



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help rebuild my life into something so amazing I could've never imagined it at that time.

Through harnessing nothing more than the power within me and the power of the mind, I was able to completely transform my life in every aspect into something I truly love today. That same power lives within you and by following the steps to harness the power of your mind, you too can change whatever is holding you back.

Within two years, I had my own profitable business that allowed me to financially continue the lifestyle I had with my corporate job, had met a wonderful, kind man who I would later blend a beautiful family with and had permanently swapped cocktails for yoga without ever looking back.

There is no other way to describe the feeling of that time when every aspect of my life was transforming and coming together, other than it seemed like pure magic.

Luckily, it doesn't take actual magic to make magic, it's as easy as following strategies that will get the same transformational results over and over.

I know the results are reproducible because when life threw the unthinkable at me years later, all the same strategies worked again.

This time my daughter was in crisis and even the experts said there likely was no way out. It was the darkest of days. Stress, pain, fear, panic filled every waking hour.

I had almost lost all hope when my counselor reminded me to check my résumé and see that I have done this before, come from the hardest of places and made it to a beautiful new life.

Together, our family implemented the same strategies from years before and this time the outcome was more than magical. This was a true miracle. This child is now



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flourishing and doing all the things we were told she would never be able to do, only two years after we were given the worst prognosis.

It is my heart's greatest desire to be able to share the tools and strategies I discovered along this amazing journey to help you.

These methods can change your life. It's a way of completely reprogramming your mental outlook to find your happy, to overcome hard situations, to create a life you haven't even dreamed yet, to accomplish anything you desire.

Nothing about following these strategies is difficult but you have to work on it consistently every day. You have to be relentless, you have to be determined, and you can never give up.

Sound like something you can do? Then, read on!

Your new amazing life is ready to be discovered, imagined and lived!