



# A New Beginning

*Addison C Arthur*

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## **A New Beginning** Addison C Arthur

The Spinning on Your Own Axis series is being written by Addison C. Arthur. The first book entitled **A New Beginning** serves as a workbook giving tangible and real-life examples of how anyone can go from a chaotic and unstable life to living a fulfilling life as an autonomous individual who is stable, healthy and happy.

Whether you are currently going through a crisis or know of someone else who is, you will find this book invaluable. Even those not going through a crisis event will find the information to be life-changing.

The book is loaded with scientific-backed information and covers a lot of territory in its 350 pages. Here is a brief listing of what you will find within it:

An examination of what a crisis is, possible reasons for them, and how you can use them to your own advantage.

How to create your own environment that encourages stability from which to use for further development.

A discussion of energy and how you can increase and sustain yours.

How to take a perceived negative situation and turn it into something positive.

What your needs really are and how you can meet all of them.

How you can change your outlook on life so that you can get the most out of living.

Ways of using habits to help you focus on what is important.

A discussion on how you can be the most empowered to take control of your own life.

How to create order within a world that seems to be disordered and chaotic.

This is a book meant to be used - used to help you live an optimum life.

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