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James Alexander Posley McTaggart III

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His earliest memories swirl with vivid, colorful ambitions of a creative life helping others. From his days as a child in Brooklyn, New York, James Alexander Posley McTaggart III has let his imagination guide and inspire him. Now a professional counselor, mentor, and holistic guide and healer, he channels those ambitions to the page. In college, he began each day with a writing exercise he called "Morning Pages" in which he would write until he had filled three pages. This practice inspired a lifelong devotion to daily writing, where he realized his creative mind was motivated by the young child with the command-of-lights imagination within. As an adult, he battles with depression, and in the pages of his journals, he has created his own therapeutic approach to self-healing. In Life, I Don't Have The Answers, You Do; I Am Still Here, he shares a collection of inspiring and thought-provoking quotes and thoughts designed to inspire readers. The process of writing his first book moved him deeply; he cried, laughed, doubted, praised, and expressed every human emotion possible. It was, for him, a cathartic and serendipitous affair. A bold new collection of stream-of-consciousness writings and musings about life, love, faith, hope, healing, and creativity, Life, I Don't Have the Answers, You Do: I Am Still Here invites readers to explore their own inner playgrounds for truth.



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