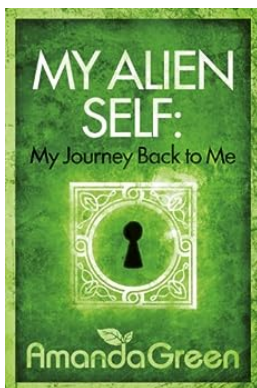


My Alien Self: My Journey Back To Me

Have you ever felt like an alien in your own life? Like you don't belong or that you've lost touch with who you truly are? Well, I know exactly how that feels. Join me on a journey of self-discovery as I share my personal experience of finding my way back to myself and reclaiming my identity.

It all started a few years ago when I found myself feeling completely lost and disconnected. I had become so consumed with pleasing others and conforming to societal expectations that I had forgotten who I was at my core. I was living a life that didn't align with my true values and passions, and it was taking a toll on my mental and emotional well-being.

I knew something needed to change. I couldn't continue living as a mere shadow of myself, pretending to be someone I wasn't. I needed to embark on a journey of self-discovery to rediscover the person I had lost along the way.



My Alien Self: My Journey Back to Me

by Amanda Green (Kindle Edition)

★★★★☆ 4.2 out of 5

Language	: English
File size	: 1013 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 488 pages
Lending	: Enabled



My first step was to take a break from the chaos of everyday life and spend some quality time alone. I decided to go on a solo trip to a place I had always wanted to visit. This allowed me to distance myself from the expectations and opinions of others and gave me the space to explore my own thoughts and desires.

During this period of self-reflection and introspection, I began to dive deep into my past, examining the pivotal moments and experiences that had shaped me into the person I had become. I realized that many of my choices and actions were influenced by fear and the need for validation from others.

I also started questioning the societal norms and expectations that I had blindly followed for so long. I realized that conforming to these norms had only stifled my true self and prevented me from living a life that was authentic and fulfilling.

As I delved further into my journey of self-discovery, I began exploring different passions and interests that I had neglected for years. I rekindled my love for painting, writing, and traveling – activities that brought me immense joy and a sense of purpose.

One of the most transformative experiences during my journey was connecting with like-minded individuals who were also on their own path of self-discovery. They provided support, encouragement, and valuable insights that helped me gain a new perspective on life.

As I continued to embrace my true self and let go of the expectations of others, I started to notice a significant shift in my life. I felt a newfound sense of confidence, freedom, and happiness that I had not experienced in years.

Of course, the journey was not without its challenges. There were moments of doubt, fear, and setbacks. But I learned to embrace these obstacles as

opportunities for growth and self-reflection. Each setback became a stepping stone towards finding my authentic self.

Throughout my journey, I realized that self-discovery is not a destination but an ongoing process. It requires continuous self-reflection, openness to change, and the willingness to challenge societal norms.

Today, I can proudly say that I have reclaimed my true identity and have fully embraced who I am. I no longer feel like an alien in my own life but rather like a star in the vast universe, shining bright and unapologetically.

If you're feeling disconnected from yourself and craving a sense of authenticity, I encourage you to embark on your own journey of self-discovery. It may not be an easy path, but it is undoubtedly a rewarding one. Let go of the expectations of others, embrace your passions, and reconnect with your true essence.

Remember, you are not alone in this journey. There are countless others, just like you, who are also searching for their true selves. Together, we can support and uplift one another as we embark on the beautiful and transformative journey of self-discovery.

So, what are you waiting for? Dust off your dreams, rediscover your passions, and embark on this incredible journey back to yourself. You'll be amazed at the extraordinary person you were meant to be.

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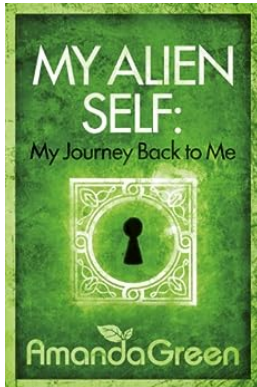
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This is a true story everyone should read. A roller coaster ride of mental health issues, travel, relationships, rape, adventures, eating disorder, abuse, drugs, alcohol. Adults only.

If I told you I'd been to twenty-four Countries (twenty-one by the time I was twenty-two), that I'd worked in Japan for nine months, toured Australia for six months, enjoyed seven months in Thailand and met and campaigned for the Orangutan in Borneo, you might think that I was pretty lucky.

If I told you I'd worked in the hotel industry, for a sexual health department in a hospital and with prisoners in a drug cell block of a male prison, that I'd worked as a recruitment consultant, in so many office jobs I've lost count, as well as having my own company and multiple websites, at age thirty-six, then you might think I've had an interesting life.

But if I added to that a mix of child rape, mental health problems, promiscuity, drug taking, alcohol abuse, eating disorders, self-harm, violence, mood swings, obsession, jealousy, loss of self worth, being raised by a mentally ill mother, bankruptcy, thyroid and gastro problems and public masturbation in school at age nine, then I am not sure what you'd think.

But this is me; Amanda Green. This is my life, my story; my journey back to me

from depression, anxiety, panic attacks, OCD and Borderline Personality Disorder – mental illness which manifested during my life and came out ‘to it’s peak’ in my thirties.

I was able to use my collection of mementos, photos, diaries, journals, letters, emails and text messages of my past to finally see who I had become, and more importantly with a combination of therapy, medication and my writing, how I became that alien self and how I found the real me.

One of many 5* reviews... "I would thoroughly recommend this book not just to those suffering with mental health issues, but to those who would also like a jolly good read!"

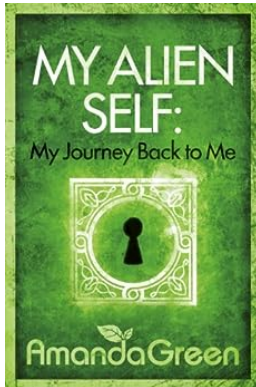
The editor (Debz Hobbs-Wyatt) adds...

This is the journey of a normal working class girl, trapped in a roller coaster world of disorder and excitement, love and joy, depression and anger – and her fight against stigma

While My Alien Self would be inspiring for any sufferer, their families or medical teams in its honest insights into living with a mental illness, it also has universal appeal. For who, at times, has not felt their life spin into chaos and wondered what is normal? This story effectively and openly highlights just how fine the line is between what is normal, and what is ‘mental illness’ And everyone who reads it will be able to relate to it.

Contains explicit language and sexual scenes

There’s a sequel out too, called '39'. It's quite different, but it leads on from this one.



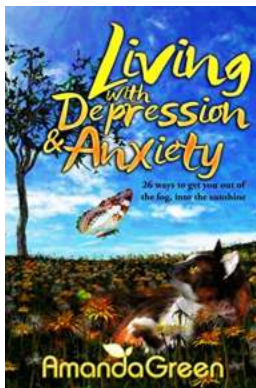
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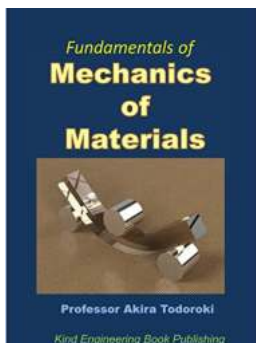
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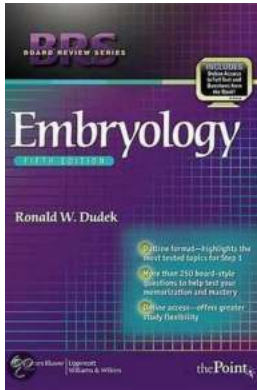
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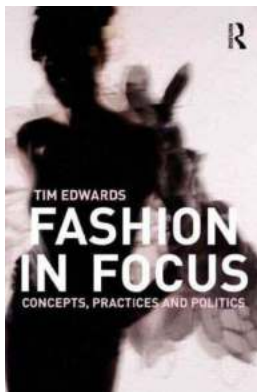
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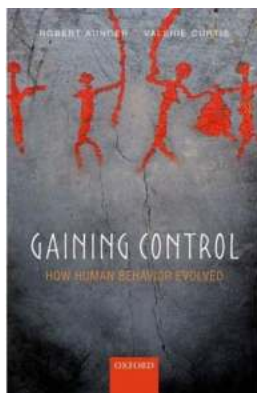
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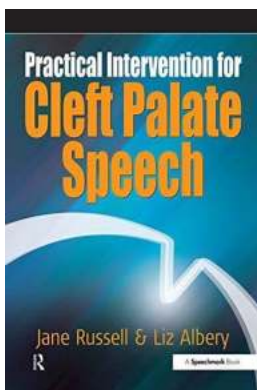
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