

Battling Deadly Illness and Overcoming Stuttering Ignite Passion In Author Sharyn Ayn And Others

To live life with purpose every day, and to live life without struggling from day-to-day: These are the joyful results Ayn strives to teach others to achieve.

For Immediate Release

WALNUT CREEEK, Calif./EWorldWire/July 10, 2008 --- "Create Your Own Reality â€œ The Ancient Wisdom" is a magical look at the journey that Sharyn Ayn has led. From stuttering as a child and having her English teacher keep her after school to read Shakespeare while holding her tongue to realizing that she could change anything she wanted that wasn't working for her, Ayn discovered unique solutions. Ayn's path included a battle for life after being told she had less than six months to live five times, when she contracted Epstein Bar Virus.

This book is especially geared towards those who are tired of getting by with a life that is mundane and lacking in joy. Those who read Create Your Own Reality realize how they can change anything in their life until they are living life in complete joy every day.

Ayn has worked with thousands of clients since 1991 who have managed to overcome major health issues by discovering the perfect resources - and especially those who are stuck in jobs and relationships that do not serve their genius.

Proven methods work to change what hasn't worked in the past and embrace a positive fulfilling lifestyle.

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