



Madly Chasing Peace: How I Went From Hell to Happy in Nine Minutes a Day

Dina Proctor

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The best self-help books are those that not only give concrete steps to help you find healing and freedom, but those that share how and why the ideas suggested actually work. *Madly Chasing Peace* is Dina Proctor's personal story. It angles through perfectionism and relentless seeking, and plummets into suicidal addiction and depression. Spending a year in a traditional addiction recovery program was her turning point, and she used that experience as a jumping-off place to even deeper experiences in self-healing and helping others to tap into their own extraordinary subconscious abilities. After hitting rock bottom, she desperately sought an answer, any answer, to the emotional hell she was living in. Complete physical and emotional transformation is what she found.

Rather than donning an expert hat and speaking from the perspective of knowledge, Dina speaks from the perspective of experience. What Dina terms the 3x3 -her 9-minute per day meditation practice- became the key to her healing. This process is so effective and unique that she enlisted Bruce Lipton, Phd and bestselling author of *Biology of Belief* to help explain why and how the 3x3 enabled Dina to experience such a profound level of physical and emotional healing, from food and alcohol addiction to weight loss to relationships with others.

Madly Chasing Peace takes you step by gritty step from the depth of Dina's personal desperation up through the victory of her healing of body, mind and soul. Her story can inspire you in your own journey to finding internal freedom from inner demons, comfort in your own skin, and access to a depth of joy little known to most people.

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