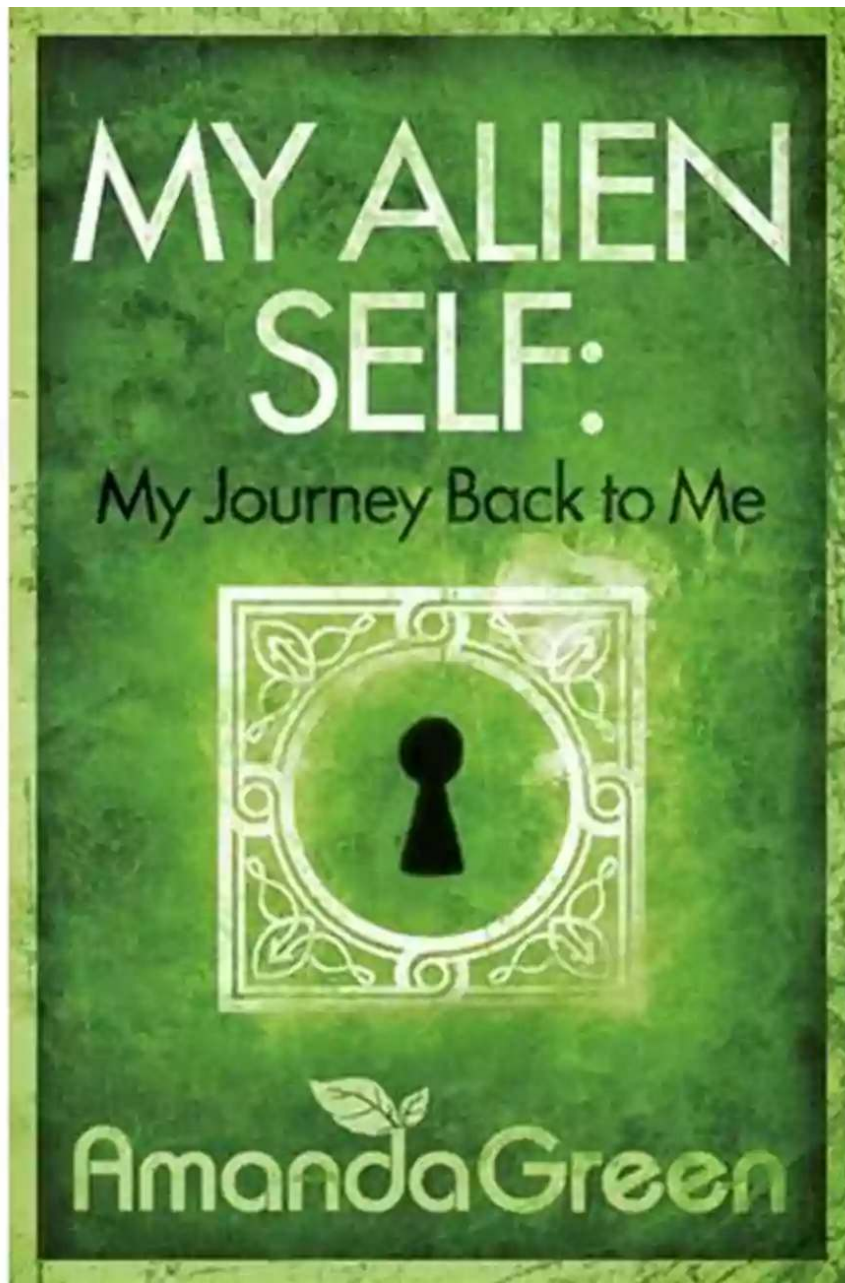
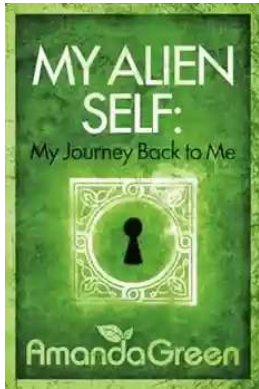


My Alien Self: My Journey Back To Me



Have you ever felt like an alien in your own life? Like you just don't belong, and you're searching for your true self amidst a confusing world? If so, then my story may resonate with you.

My name is [Your Name], and this is the incredible journey I took to find my way back to myself. It all started when I realized that I had been living a life that wasn't truly mine. I had been following the expectations and desires of others, trying to fit into molds that just didn't feel right.



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



Feeling Lost in a World of Expectations

From a young age, society bombarded me with its norms and ideals. I was told that I should go to a good college, get a stable job, and settle down with a family. But deep down, I knew that there was something more to life than just ticking off boxes on society's checklist.

As I went through school and entered adulthood, I couldn't shake off the feeling of disconnect. It was as if I was an alien observing humans, trying to understand their motivations and desires. I felt like I was living someone else's life, and it was suffocating.

The Awakening Experience

One fateful day, I stumbled upon a book that changed my perspective forever. It was about embracing individuality and creating a life that aligns with who you truly are. The more I read, the more I realized that it was time for me to embark on a journey of self-discovery.

My journey began with small steps. I started questioning the beliefs and values I had adopted from others. I explored different hobbies and interests, trying to find what truly sparked joy within me. It was liberating to let go of societal expectations and focus on my own desires.

Exploring the Uncharted Territories

As I delved deeper into my journey, I encountered challenges and uncertainties. It wasn't easy to break free from the mold and embrace my unique path. But with each obstacle I faced, I grew stronger and more resilient.

I started connecting with like-minded individuals who were also on a similar journey. We formed a support network, sharing our experiences, and providing encouragement along the way. The sense of belonging I found within this community was unlike anything I had experienced before.

Rediscovering My True Self

As I continued to explore the uncharted territories within myself, I started unraveling the layers that had been hiding my true essence. I discovered passions I never knew I had, and dreams that I had buried deep within my heart.

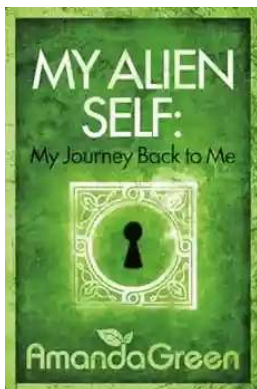
With each step forward, I started feeling more aligned with who I was meant to be. The alienation I had once felt started fading away, replaced by a sense of purpose and belonging. I realized that the journey back to myself was not about

conforming or fitting in; it was about embracing my uniqueness and embracing the alien within me.

Embracing the Alien Within

Today, I am proud to say that I have found my way back to myself. I no longer feel like an alien in my own life; instead, I embrace the alien within me. I have created a life that aligns with my true desires and passions.

My journey back to myself has not been easy, but it has been incredibly rewarding. It has taught me the importance of self-discovery, acceptance, and authenticity. I now live each day as my true self, unapologetically embracing the alien within.



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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.

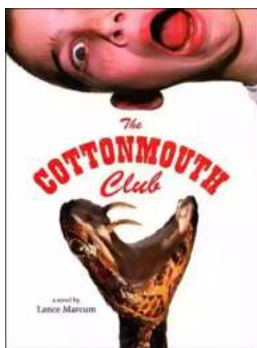
Contains explicit language and sexual scenes

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



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