



## How I Learned to Smile from the Inside (Paperback)

By Seth E Santoro Cec

Createspace Independent Publishing Platform, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. The first book in a riveting new self-help trilogy, How I Learned To Smile From The Inside, first-time author, Seth Santoro, CEC, presents a clear, concise, and easy to read five-step approach to healing from trauma. It s a how-to-survive trauma manual written to help people find their smile again. In the book, Seth takes us through quite a journey into five intimate and harrowing stories. The first is his diagnosis of superficial spreading malignant melanoma. The second is his very scary two-year monogamous (or so he thought) relationship where someone is diagnosed as HIV]. The third account is an almost kidnap (hostage-type situation) in Mexico, where Seth was held at gunpoint, six semi-automatic weapons to be exact, for nearly an hour by the Zetas Cartel. The fourth story is Seth s first-hand account for the nasty and gnarly events of September 11th in New York City and the last is the unfortunate deaths of five of his dear friends in just under two years. Shock, Mock-cceptance, In Overwhelmdom, Learning, and Embrace are the five phases in this extraordinary...



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