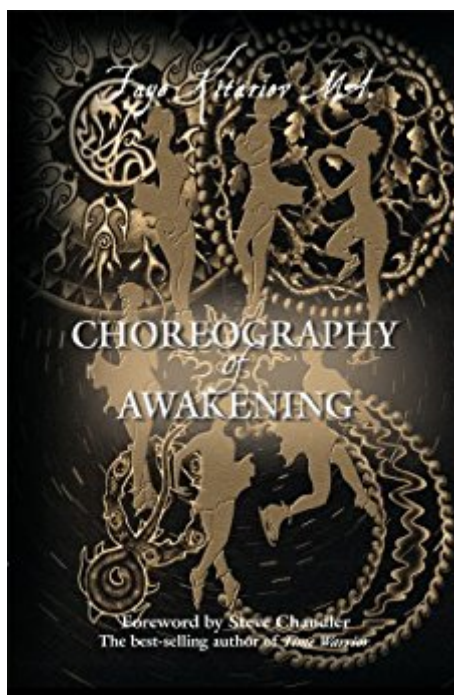


The book was found

Choreography Of Awakening



Synopsis

Faye Kitariev coached competitive figure skaters for over twenty years. During this time, she came to a difficult realization: physical talent alone was not sufficient for success. Skaters with a clear vision, firm beliefs, and strong purpose were more likely to meet their goals, even when competing against arguably more talented competition. Looking for a way to help people realize their dreams, Faye compared the steps for success to the twelve elements of the long skating program. Each element of the program is vital to the final performance, with each step in the process intimately connected to the next. As with skating success in life depends on careful attention to, and focus on, all steps in the road to personal transformation. Using the long program as an easily-understood metaphor, Faye guides readers as they open themselves to life's possibilities and move from inspiration and purpose to personal transformation and achieving their goals. Faye supports each step in the transformative process with insightful and inspiring autobiographical stories and tales of her clients, all of whom are on their way to mastering the Choreography of Awakening.

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Transformational

Customer Reviews

This book was NOT picked up by accident. It was indeed a gift from the world. The author, Faye has tapped into the most intoxicating force known to man and woman, of which is a higher power or force guiding each and every one of us to our true destiny's calling. Not only to understand our deepest desires, but also how to seek and use the tools needed to pave the way to that place. The silver linings Faye found throughout the chapters in her life, that she dissected under a spiritual microscope, gave a picky reader, me, the joy of finding a book that was most difficult to put down in order to go about my business. As a figure skater myself, there were so many compelling parallels from the books' own comparisons to comparing these with my own life and my own long/short "programs". If you're reading this Faye, thank you for your strength. You are a woman who runs with wolves. I am glad to know my dreams of helping children find their true potential, in life and in skating, are not "fantasies". Just like your mother and you, I too hope to hold the hand of someone else and walk through fire with them.

Many wonderful insights in this book; most significant to me regards change of careers. My identity, reputation and success are long established as a golf professional. Many skills have transferred to my new career; but it had been challenging to display the passion I feel for my new venture. How Faye related her own challenges along this line was tremendously helpful in putting aside my ego and living my new "identity". It was my choice, and I don't concern myself with what others may or may not feel; success is coming much easier.

Choreography of Awakening, takes the reader on a journey of learning, discovery and personal enlightenment. The metaphors used in this beautiful and inspirational book lead us in a search of the self and authentic power that we find when we find ourselves. Once I started I couldn't put it down! A must read.

Throughout the journey into the pages of this inspiring, beautifully written and well organized book one can learn so much about the author's personal and professional life experiences, take them to heart, learn from them, draw parallels with the reader's own life and begin a new lifelong journey to strive forward, to explore untravelled roads and achieve new goals. Very powerful! Thank you, Faye.M.Z.

You don't have to be a figure skater or professional athlete to enjoy this book. Using anecdotes and stories from her years as a professional figure skating coach, Faye Kitariev takes you on an

inspiring journey to help you find and awaken your own power and potential to accomplish your dreams. She includes practical, intentional exercises at the end of each chapter that helped to ground the information.

Faye Kitariev has created a great opportunity for us to explore other worlds. In particular of figure-skating and life in, and out of, Latvia. Humorous, candid and insightful this is a great book to help all of us on our own journey of awakening.

I love this beautifully written book. Reading Faye's story inspired me to set a higher goals and empowered me to achieve them. I can not say enough about how powerful this book will make you feel about where you've been and where you're going. Everyone can be inspired by this book.

I've discovered a lot about myself after reading this book. It has answered most of my questions. I wish I had this book when I was still younger because by now my inner dragon would not only be awakened but would be soaring high!

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