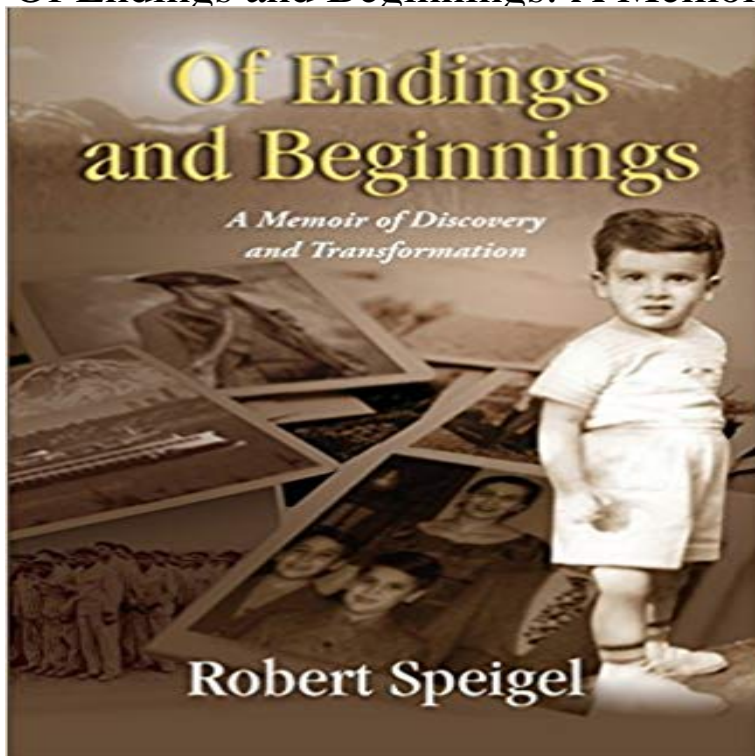


## Of Endings and Beginnings: A Memoir of Discovery and Transformation



Of Endings and Beginnings: A memoir of Discovery and Transformation, by Robert Spiegel, is a groundbreaking journey from pain to health, from places of darkness to places of light. Using his life story and the story of his family Spiegel in a very personal and intimate way takes us with him as he works and grows toward a better self. The readers of this book will certainly find many, many places in Spiegel's stories for their own personal moments of ah-ha. This is an important book for all of us who want to be healthy, functional, robust people. There is much for us to learn on our journey and Robert Spiegel is a good teacher.

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