



Wake the Fuck Up: A Journey From Death to Awakening

Carol Banayos

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In WAKE THE FUCK UP, Carol Banayos, takes you through a journey of awakening and conscious awareness; it describes the moment of realization, when she knew she had to break out of the box she had placed herself in. She needed to tear down the walls and build a new bridge to get her from where she was, to where she was destined to be. As you read this book, you will see her story unfold – how she gradually learned that what she was destined for was nothing less than greatness. What you CAN find in this book is inspiration. Perhaps her story rouses you from the deep waves of sleep that roll over you time and time again, pulling you deeper as you struggle to hold on to the world around you. If you manage to keep a stronghold over reality and refuse to let go, consider yourself as more successful than fifty percent of the world's population. In fact, this is probably a highly underestimated statistic.



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