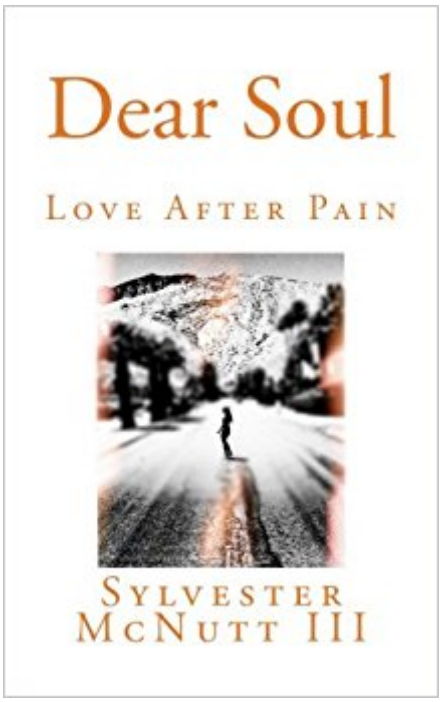
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Dear Soul: Love After Pain



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Synopsis

We live in a generation that lacks authenticity, honesty, and empathy. We do not understand each other or each otherÃ¢â ¬â„¢s struggles as human beings. Today, my culture needs more love and understanding than ever before. We need more healing, growing, and development than ever before. Our souls are being killed by technology, expectation, and separation. Dear Soul is my attempt at laying the groundwork for recovery, healing, and moving forward. Dear Soul is my journey journal written in conversationalist tone, a very intimate, introspective style of poetry, and it shows the twisted romantic observations of the world, which we have all seen. This book connects to every human because it is based on finding love after pain. Pain is something that is common to each of our stories. LetÃ¢â ¬â„¢s be honestÃ¢â ¬â •how many of us are still suffering from incidents from our childhood? When we struggle in life, the problem is not the problem. The problem is not having adequate solutions or resources to really move forward from the stresses. Dear Soul is the ultimate book to help you take an introspective look inside to uncover a deeper connection with self and a deeper scope for possible solutions for any type of pain. As a writer, my style has been dubbed Ã¢â ¬Å“visionary poetry,Ã¢â ¬Â• and my purpose is to combine observations, poetry, and persuasive logic. My only goal is to cause an intense amount of thought or reflection inside of each reader. I do not put my words together to be Ã¢â ¬Å“right.Ã¢â ¬Â• Right and wrong are relative and based on a personÃ¢â ¬â„¢s perception and experience. The user who will get the most from this book is one who will relate to the topics that are relevant to his or her personal growth. The other user is someone who will step outside of his or her bubble and understand anotherÃ¢â ¬â„¢s struggle. Once you can holistically understand another personÃ¢â ¬â„¢s struggle, then you have activated empathy, and I believe that empathy is the most important quality missing from our culture. Once you have a culture of people who understand each other, are comfortable with self, and able to communicate effectively, then you raise the vibration of the entire world with that energy. We sit inside of our bubbles and internalize the pain of everything that happens to us, but we donÃ¢â ¬â„¢t align with our struggles or successes. I am genuinely happy when I see people succeed at something theyÃ¢â ¬â„¢ve worked for. I am able to share the joy as if it were my own accomplishment. I am able to feel the pain of a woman who doesnÃ¢â ¬â„¢t feel comfortable walking down the street at night alone. No, I have never been a woman, but I have listened to those stories and tried to put myself there. LetÃ¢â ¬â„¢s just be honest. This generation does not talk about sex, race, or pain from our childhood. We ignore those topics and we ignore self-love. I never heard the word self-love when I was growing up. As a child, I also didnÃ¢â ¬â„¢t hear the word love much. I went on several spiritual journeys in my early twenties to discover the deepest version of

self. What I present to you here is a continuation of the journey. I am happy, I am healed, and I am as healthy as I can be. Today, I am sharing a spiritual, emotional, and health journey with you inside of these lines.

Book Information

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Customer Reviews

If you are not ready to be honest and open then you are not ready for this guide to your soul. It's the book that you will go back to through the good and bad days. It's truly the top self help book there is.

Sylvester is definitely my kinda writer, poet, author, soul, being. I learn so many aspects about myself and realize that I am really not the only one feeling, thinking, or saying these things. This is my second read by him and I plan to continue to purchase and read everything he puts out.

Amazing book! Please check out his other books you will not be disappointed!!!
ÃƒÂ¢Ã Â•Ã Â¤ÃƒÂ Ã Â¸Ã Â• He has an outstanding way of wording things, in a real, relatable, fresh perspective on fresh perspectives way. Beautiful!!

Sylvester McNutt III has a stream-of-consciousness style that makes you feel like you're right there with him. His words feel like a friend shaking you out of your funk to shine a big bright light on what your life can be. His words have given me the tools to take my life into my own hands, and I am excited about getting over my ex, because life's got much more in store. Thank you Sylvester, and to anyone considering this book- buy it!

I have been following Sylvester for a few years now, and purchased 3/5 of his books, this man truly has a gift and he writes from the heart, and from a easy to understand point of view. He talks to the reader like a friend, not as if he knows more than you. He truly wants to better people, and for people to want to better themselves, he is honest and raw and I am never disappointed with a book I start from his.

This book found me at the perfect time. It has the kind of truth that kicks you in the gut. Painful at first but the healing that happens after digesting the messages is amazing

Just received it and have already four pages. I am already in love. Not only does Sylvester inspire his readers, but he inspires writers and artists to follow their individuality. And I believe we all are artists.

Sometimes your feelings and pain you cannot put into words. It is like Sylvester McNutt comes into your world, lifts you higher, because that should be put purpose.

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