Authors Share Personal Core Truths About Life

Beth Fortman-Brand, Matthew Schonbrun and Agnes Deason show readers how to overcome limitations and experience a more joyous life

SAN FERNANDO VALLEY, Cal. (PRWEB) September 18, 2017 -- According to healing and counseling experts Beth Fortman-Brand, Matthew Schonbrun and Agnes Deason, when a person embarks on a spiritual quest to find purpose and meaning, each journey is unique. However, they all include a desire to become self-aware and a search for answers to difficult questions. The three professionals explore the art of remembering and examining one’s true self in the fiction book, “Navigating the Storm: 7 Truths to Mastering Our Lives.”

“Navigating the Storm” chronicles the spiritual awakening and personal journeys of multiple characters. The fable features caterpillars and butterflies as a representation of humanity and explores seven core truths that provide insight on the purpose of life. Additionally, “Navigating the Storm” teaches the significance of self-love, an inner sense of awareness and creating one’s reality.

“The information contained in Navigating the Storm is our attempt to shed light on many of life’s most challenging questions,” Fortman-Brand said. “The three of us have incorporated information and answers that resonate deeply with us, and suggest readers integrate the information that resonates with them.”

Fortman-Brand, Schonbrun and Deason suggest that our reality is dualistic in nature. And this duality is the primary cause for so many of us judging our experiences as either good or bad. They encourage readers to accept each moment and see it for what it is—and claim our fundamental power to choose to view each moment with love, joy and peace.

“We believe that by examining periods of happiness and sorrow, an individual can become more conscious and self-aware,” Deason said.

“Our goal is to inspire and empower individuals to remember that they are the creators of their reality. By choosing to view life as a creator, we banish all forms of victimhood and step into the power of personal responsibility,” Schonbrun said.

“Navigating the Storm: 7 Truths to Mastering Our Lives”
By Beth Fortman-Brand, Matthew Schonbrun, Agnes Deason
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About the author
Beth Fortman-Brand is an Intuitive Strategist (I.S.) with over 30 years of experience. Beth received her B.S. degree in Sociology from UCLA in 1986 and since she has been a nationally recognized consultant/advisor to Attorneys, Life coaches, Top executives of major insurance companies and Top executives in the movie and television industry. She has also co-created and co-produced over 20 self-help videos and a documentary called “LOVE”.

For the past 15 years, Matthew Schonbrun has worked as a criminal prosecutor in Los Angeles, and was a former candidate for Superior Court Judge. He holds a Juris Doctorate degree, a Bachelor of Arts degree in
Sociology, a Practitioner's license in Neuro-Linguistic Programming and is a Certified Reiki Practitioner.

For over 25 years Agnes Deason has been a personal relationship coach. She has built a successful International practice in personal development and relationship skills. Agnes has also designed foundational tools that increase an individual’s self-love and sense of purpose.

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