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Then there is Sil Lai Abrams's *No More Drama: Nine Simple Steps to Transforming a Breakdown Into a Breakthrough* (Sepia Press Publishing, \$15.95).

On the surface, Sil Lai Abrams appeared to have it all – two healthy and gifted children, an exciting career in the entertainment industry, a beautiful home, and all the right connections. It was a pretty picture ... but a false one, for underneath this polished façade was a woman consumed with self-loathing and emotional drama. At 34, her life would be shattered when she suffered a profound emotional breakdown following the breakup of a romantic relationship. Sil Lai became bedridden for months with a paralyzing depression. One day when

overwhelmed with suicidal thoughts, obsessive thinking, and crushing self-pity, she experienced a shift in consciousness -- an awakening of her spirit. She saw that what she had been struggling with for her entire life has been what she calls "outside-in" thinking, or the belief that solution to her suffering was outside of herself. She realized that the solution to her suffering was quite simple: She could choose the way she viewed and respond to the problems in her life.

Within a short while of commencing this new approach to processing her experiences, she was freed from the bondage of self-loathing, the desperate need to control others, and years of depression and misery, has transformed her life, and now she shares it with us in *No More Drama*. So what IS the SEPIA process? It is an exceptionally simple process that requires nothing more than a pen, a piece of paper, and the willingness to look within. Its powerful nine-step method of self inquiry will teach you how to bravely challenge your disempowering beliefs and radically change your perspective on life, yourself, and others permanently.

Loving these steps!

so jones!

Truth: Identify issues needing to be addressed in your life.

Acceptance: Accept yourself and those around you.

Action: Set attainable goals and take the steps needed for lasting change in your overall existence.

Commitment: Make and keep your commitments toward your goals.

Focus: Determine what is absolutely necessary and unnecessary in order to attain your goals, and begin to determine your personal purpose.

Faith: Let go of the fear, which limits your ability to be most effective.

Love: Discover what healthy love is for yourself and others. Place your romantic relationships into proper perspective.

Humility: Learn how to keep your ego in check so you remain teachable.

Charity: Beome an integral part of making the world a better place by giving to others.