



Madly Chasing Peace: How I Went From Hell to Happy in Nine Minutes a Day

By Dina Proctor

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Madly Chasing Peace: How I Went From Hell to Happy in Nine Minutes a Day By Dina Proctor

The best self-help books are those that not only give concrete steps to help you find healing and freedom, but those that share how and why the ideas suggested actually work. *Madly Chasing Peace* is Dina Proctor's personal story. It angles through perfectionism and relentless seeking, and plummets into suicidal addiction and depression. Spending a year in a traditional addiction recovery program was her turning point, and she used that experience as a jumping-off place to even deeper experiences in self-healing and helping others to tap into their own extraordinary subconscious abilities. After hitting rock bottom, she desperately sought an answer, any answer, to the emotional hell she was living in. Complete physical and emotional transformation is what she found.

Rather than donning an expert hat and speaking from the perspective of knowledge, Dina speaks from the perspective of experience. What Dina terms the 3x3 -her 9-minute per day meditation practice- became the key to her healing. This process is so effective and unique that she enlisted Bruce Lipton, Phd and bestselling author of *Biology of Belief* to help explain why and how the 3x3 enabled Dina to experience such a profound level of physical and emotional healing, from food and alcohol addiction to weight loss to relationships with others.

Madly Chasing Peace takes you step by gritty step from the depth of Dina's personal desperation up through the victory of her healing of body, mind and soul. Her story can inspire you in your own journey to finding internal freedom from inner demons, comfort in your own skin, and access to a depth of joy little known to most people.

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Editorial Review

Review

"You just don't meet people like Dina every day. Her message and her book, *Madly Chasing Peace*, are raw, compelling and deeply inspiring. Dina's 9-minute-a-day meditation method is brilliant in its simplicity, and I think it will reach far and wide, helping others to find their own way on the quest for happiness".

- Jack Canfield, Co-author of *Chicken Soup for the Soul* and *The Success Principles*

"Up to 90% of individuals struggling with healing from addictions and chronic diseases need to realize that the cause of their issues is primarily related to mind-body interactions. In *Madly Chasing Peace*, Dina Proctor offers a powerful healing story using her 3x3 meditation technique, that unbeknownst to her, provides an inspiring example of the science of The Biology of Belief in action."

- Bruce H. Lipton, Ph.D., Cell biologist and bestselling author of *The Biology of Belief: Unleashing the Power of Consciousness, Matter and Miracles*

"Dina is a bright light of inspiration and wisdom. When you read her book or hear her speak, something inside of you will open up and resonate with her truth. Her 3x3 meditation is powerful in its simplicity. Don't let yourself doubt that something as subtle as mini-meditations will work for you. Try it. Feel it. See it for yourself."

- Janet Bray Attwood, Co-author of New York Times bestseller *The Passion Test*

"*Madly Chasing Peace* is one of those rare books that have me totally captivated and hanging on, page by page. Dina openly shares from her heart how she went from deep levels of pain to a place of serenity and joy. This book stands out from the rest in its delivery style, gripping story and easily executable methods. Highly recommended!"

- Peggy McColl, New York Times bestselling author

"Words can't express the depth of admiration I have for Dina. Her story is raw and real, and the depth of her blunt honesty is captivating. If you haven't heard of her, find her! Let yourself be uplifted by her message and inspired by the simplicity of the techniques she's developed, tools you can begin to use immediately in your own life."

- Patty Aubery, President, Jack Canfield Companies

"*Madly Chasing Peace* is a deeply touching story-yet it also provides compelling insights and powerful tools for change that can help people in all walks of life. I've already started using some of them myself! I encourage anyone who is looking for inspiration and new perspective to connect with Dina and read her book."

- Carol Kline, Co-author of New York Times bestsellers, *Happy for No Reason* and *Love for No Reason*

About the Author

Dina Proctor is a certified life coach and creator of the 3x3 Meditation technique. She holds a Bachelors Degree in Psychology and has been featured on CBS Sky Radio among other interviews.

Users Review

From reader reviews:

James Robicheaux:

Do you have favorite book? In case you have, what is your favorite's book? Guide is very important thing for us to learn everything in the world. Each publication has different aim or maybe goal; it means that book has different type. Some people truly feel enjoy to spend their the perfect time to read a book. They are reading whatever they take because their hobby will be reading a book. What about the person who don't like looking at a book? Sometime, man feel need book after they found difficult problem or even exercise. Well, probably you will need this Madly Chasing Peace: How I Went From Hell to Happy in Nine Minutes a Day.

Christopher Morton:

This Madly Chasing Peace: How I Went From Hell to Happy in Nine Minutes a Day book is simply not ordinary book, you have it then the world is in your hands. The benefit you obtain by reading this book will be information inside this book incredible fresh, you will get facts which is getting deeper you actually read a lot of information you will get. This specific Madly Chasing Peace: How I Went From Hell to Happy in Nine Minutes a Day without we know teach the one who examining it become critical in thinking and analyzing. Don't always be worry Madly Chasing Peace: How I Went From Hell to Happy in Nine Minutes a Day can bring once you are and not make your handbag space or bookshelves' turn out to be full because you can have it in the lovely laptop even cell phone. This Madly Chasing Peace: How I Went From Hell to Happy in Nine Minutes a Day having good arrangement in word in addition to layout, so you will not experience uninterested in reading.

Irma Cook:

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In this particular era which is the greater man or woman or who has ability to do something more are more valuable than other. Do you want to become considered one of it? It is just simple solution to have that. What you are related is just spending your time not much but quite enough to enjoy a look at some books. Among the books in the top list in your reading list will be Madly Chasing Peace: How I Went From Hell to Happy in Nine Minutes a Day. This book that is certainly qualified as The Hungry Slopes can get you closer in turning out to be precious person. By looking way up and review this guide you can get many advantages.

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