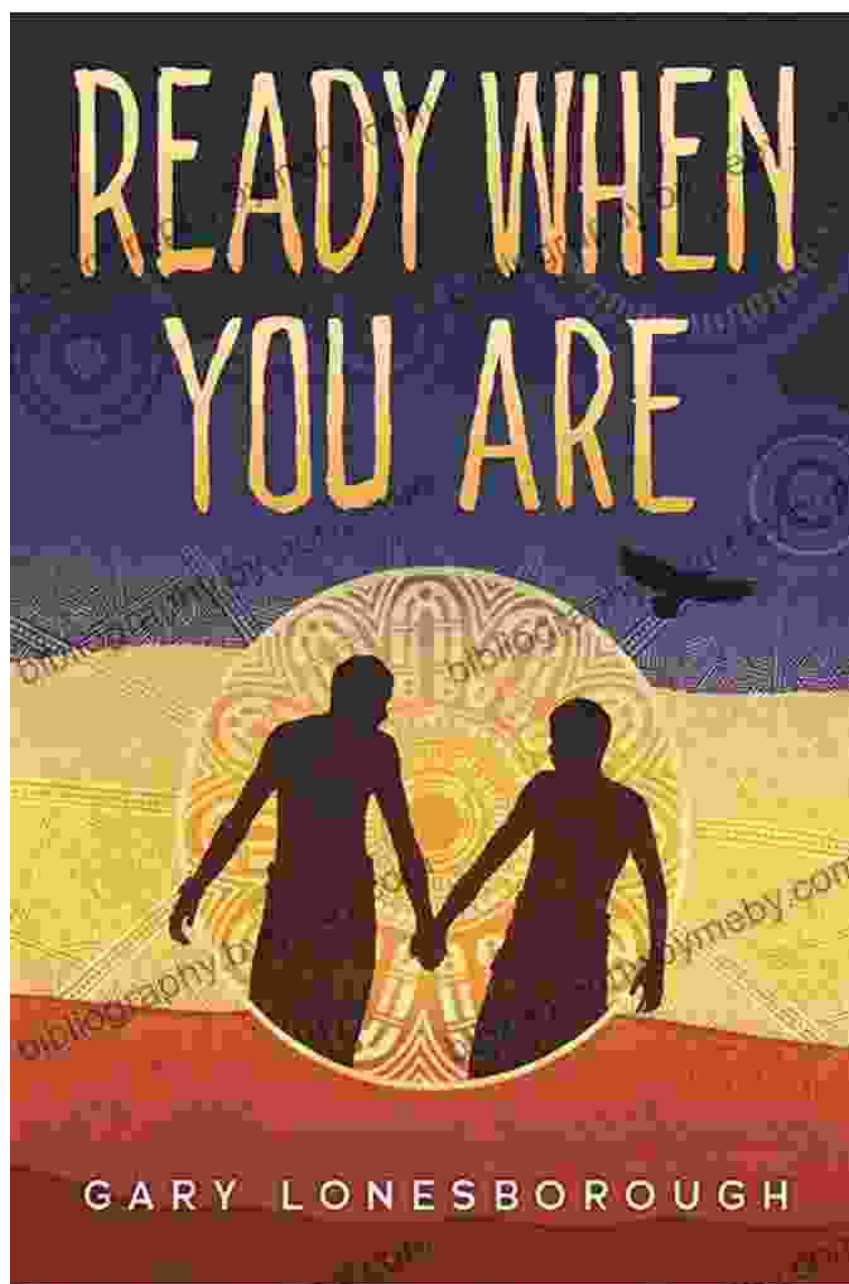


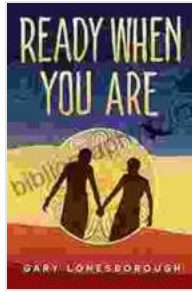
Ready When You Are: A Journey of Self-Discovery and Personal Transformation

By Gary Lonesborough



Ready When You Are by Gary Lonesborough

★★★★☆ 4.6 out of 5



Language	: English
File size	: 22024 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Print length	: 230 pages
Lending	: Enabled



In his deeply personal and inspiring memoir, *Ready When You Are*, Gary Lonesborough chronicles his journey of self-discovery and personal transformation. With raw honesty, Gary shares the challenges he faced, the lessons he learned, and the hope he found along the way.

Gary's story begins in a small town in the Midwest. As a young boy, he struggled with feelings of inadequacy and self-doubt. He was bullied by his peers and struggled to find his place in the world. But even in his darkest moments, Gary never gave up on himself. He knew that he was meant for something more.

After graduating from high school, Gary joined the military. He served his country with honor and distinction, but his time in the military also took a toll on his mental health. He struggled with post-traumatic stress disorder (PTSD) and depression. But through therapy and the support of his loved ones, Gary was able to overcome his challenges and find healing.

After leaving the military, Gary embarked on a new chapter in his life. He went back to school and earned a degree in social work. He also became a certified yoga instructor and mindfulness teacher. Gary's passion for

helping others led him to work with people from all walks of life, including veterans, people with disabilities, and survivors of trauma.

In *Ready When You Are*, Gary shares the lessons he learned on his journey of self-discovery and personal transformation. He writes about the importance of self-compassion, forgiveness, and gratitude. He also shares his insights on how to overcome challenges, build resilience, and live a life of purpose and meaning.

Ready When You Are is a powerful and inspiring memoir that will resonate with anyone who has ever struggled with feelings of inadequacy, self-doubt, or trauma. Gary's story is a testament to the human spirit's ability to overcome adversity and find healing and hope.

Praise for *Ready When You Are*

"Gary Lonesborough's memoir is a raw and honest account of his journey of self-discovery and personal transformation. His story is both inspiring and heartbreaking, and it will resonate with anyone who has ever struggled with feelings of inadequacy, self-doubt, or trauma. Gary's writing is clear and concise, and his insights are both insightful and practical. I highly recommend this book to anyone who is looking for hope and guidance on their own journey of self-discovery." — **Mark Nepo, author of *The Book of Awakening* and *The Way of the Heart***

"*Ready When You Are* is a powerful and moving memoir that will stay with you long after you finish reading it. Gary Lonesborough's story is a testament to the human spirit's ability to overcome adversity and find healing and hope. I highly recommend this book to anyone who is looking for inspiration and guidance on their own journey of self-discovery." —

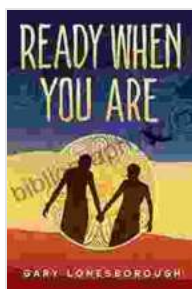
Susan Piver, author of *The Wisdom of a Broken Heart* and *The Hard Questions*

About the Author

Gary Lonesborough is a social worker, yoga instructor, and mindfulness teacher. He has worked with people from all walks of life, including veterans, people with disabilities, and survivors of trauma. Gary's passion is helping others to heal and transform their lives. He lives in the San Francisco Bay Area with his wife and two children.

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