



# **The Dolphin's Dance: Discover your true self through a powerful 5 step journey into conscious awareness**

*Micheline Nader*

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Micheline's beautiful book provides easy-to-follow instructions on how to operate your reset button so that you can tap into divine consciousness and manifest all of your potential - David Mager; Managing Member - Deepak Chopra Dream Weaver LLC Do you ever feel as if you're searching for yourself? Do you sense that there are parts of you that have been lost-fears, longings, and potential that are beyond your reach? In The Dolphin's Dance, Micheline Nader shares a carefully constructed process for shedding light on, and reclaiming, those lost parts of the self. Her 5-stage process enables you to bring conscious awareness to the complex package of emotions, beliefs, and behavior patterns. Through illuminating personal stories, structured exercises, and accessible examples, this book shows you how to free yourself from the imprints of the past and deconstruct the false identities that limit your potential for joy, creativity, and self-expression.

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