

# *Transformations – Your Inner Guide to Self-Exploration*

## **Publisher's Note**

*Transformations – Your Inner Guide to Self-Exploration* is an extraordinary feast for the mind and soul. It is obvious that Mark Pezzelato has done the work himself, and he now shares it for everyone else to benefit.

Mark continues to amaze us with his immense depth, offering up meaningful perspective and wisdom at the turn of every page. The insights and questions he poses to the reader nourish inspiring self-talk and embolden us to grow by heightening our own awareness and learning.

At times, you almost feel like you are reading a page from his private journal in that his words are so resonating and introspective. You'll want to read it more than once to perhaps dig a little deeper, and to refer to your favourite passages.

If you are truly ready and open to all your possibilities and potential, *Transformations* can and will enhance your personal growth journey even further—reinforcing and even transforming your thoughts to remind you of your own greatness . . . and the many blessings that still lie ahead.

We are very proud to publish yet another thoughtful publication for Mark.

Sheri Andrunyk  
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Insightful Communications (I C) Publishing  
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