



# TRUST TRUTH: HOW BUILDING SELF-AWARENESS HELPED ME ESCAPE THE 9-5 TO LIVE A LIFE I LOVE (PART ONE)

*John Hungerford*

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This is a book\* that explores my journey of self-discovery and self-awareness. It is an account of the events that led me from wanting to be an investment banker, to knowing that I am here to teach self-awareness to entrepreneurs and leaders.

It explores the mentors, the books, the situations, and events, that led me down the spiritual rabbit hole, into the world of being present and in the moment. It explores how I discovered my deepest purpose and my meaning of life.

It explores how I learned to trust myself, trust my truth, and trust others. It explores how I learned to be accepting of what is, to not judge what is in front of me.

It explores how I learned to meditate. How I learned to become more confident. How I learned to pick up women because I was too insecure to trust the authentic expression of who I was.

It explores how I learned what success truly was. How I learned to learn how I actually learn. How I learned what being happy truly meant. It explores how I learned to breathe into my balls. How to do Qi Gong, how to read a book a day, and even how to sleep better.

It explores my journey from being unconscious to being consciousness. From not knowing myself, to knowing exactly who I am. It explores who I thought I was, to who I actually am and everything in between.

It is my journey, and it is my aim in sharing it with you that you will begin to go on your journey too.

It is not a self-development book, for there is nothing to develop. It is a book about self-awareness and one man's journey into learning how to become self-aware.

It is a book about the discovery of truth, written so that you can find and live yours.

It is a book written for you.

\*This is the first edition of Trust Truth, and contains the first parts only. Follow John at <https://www.facebook.com/John-Hungerford-1665615130356710/> - to stay up to date with future releases.



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