

## Synopsis

### **The Imprint Journey: A Path of Lasting Transformation to the Authentic Self**

*By Liliane Desjardins*

We all have imprints, both negative and positive. An imprint is a belief that shapes our thoughts and actions, a belief we often hold unconsciously. Liliane Desjardins, a certified clinical addiction specialist, co-founder of Pavillon Gilles Desjardins, and creator of the Desjardins Unified Model of Treatment of Addictions, sets forth in *The Imprint Journey* an exploration of imprints, how they govern our lives, and how we can reprogram our minds to function in new and fulfilling ways.

*The Imprint Journey* is equivalent to reading two powerful books in one. Liliane spends the first section telling her own story—a childhood in war-torn Croatia, the death of her mother, being an immigrant first to France and later French Canada—and the addictions and dysfunctions that marred her life until a suicide attempt resulted in a near-death experience. Her own personal recovery led her on a mission to help others find their own freedom from self-imposed and self-limiting imprints.

The second half of this powerful book provides an anatomy of our imprints, revealing how to transform them so we are free to be our authentic selves. Liliane includes eight powerful personal stories of people who have overcome their imprints—including religious, sexual, and cultural limitations—as well as an overview of how understanding and rewriting our imprints can shape the human race's future as we all experience individual "Oneness." Readers will find themselves turning to *The Imprint Journey* again and again as a guide to relieve fears and to discover powerful truths about themselves that will transform them into their authentic selves.