

Rich Villazon an Evolution Coach – www.richvillazon.com

Posted 5-Star Amazon Review

A book about courage, vulnerability, and compassion.

Powerful spiritual book on vulnerability and transcending one's past. Really appreciate his own personal story how he transcended his suffering, and how he used every moment or hardship in his own life as an opportunity to grow and expand. Also, love the framework he gives on his 5 principles of Freedom, if you work on just these principles alone it'll change your life.