

# My Life In Colour: From Brighton To Bali And Back

For years, Claire Fuller lived a life of quiet desperation, struggling with anxiety, depression, and a deep sense of unfulfillment. But everything changed when she decided to embark on a life-changing journey to Bali, a place she had always dreamed of visiting.

From the moment Claire stepped onto the shores of Bali, she felt a profound sense of peace and connection. She immersed herself in the local culture, learned about traditional healing practices, and discovered the importance of self-care and mindfulness.

As she explored the lush rainforests, pristine beaches, and ancient temples of Bali, Claire began to uncover hidden parts of herself. She faced her fears, confronted her past traumas, and started to heal old wounds.



## My Life in Colour: From Brighton to Bali and Back

by Christine Kriha Kastner

★★★★★ 5 out of 5

Language : English  
File size : 9863 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Lending : Enabled  
Print length : 194 pages  
Paperback : 82 pages  
Item Weight : 6.2 ounces  
Dimensions : 6 x 0.2 x 9 inches



Through her interactions with locals, fellow travelers, and spiritual healers, Claire discovered the power of community, vulnerability, and embracing her true self. She learned to let go of societal expectations, trust her intuition, and follow her dreams.

Her journey was not without its challenges. Claire faced moments of doubt, loneliness, and setbacks. But through it all, she learned the importance of perseverance, resilience, and the transformative power of adversity.

As Claire's time in Bali drew to a close, she realized that her journey had not ended. The lessons she had learned and the healing she had experienced had changed her life forever.

Upon her return to Brighton, Claire was a different person. She had a newfound sense of confidence, clarity, and purpose. She had learned to love and accept herself unconditionally, and she was ready to share her experiences with the world.

"From Brighton to Bali and Back" is a captivating and inspiring memoir that chronicles Claire's transformative journey. It is a story of self-discovery, adventure, and healing that will resonate with anyone who has ever longed for a more fulfilling and meaningful life.

Claire's writing is honest, raw, and deeply personal. She shares her struggles, her triumphs, and everything she learned along the way. Her story is a testament to the power of embracing change, stepping outside of your comfort zone, and listening to your inner voice.

Whether you are looking for inspiration, guidance, or simply a good read, "From Brighton to Bali and Back" is a book that will stay with you long after you finish it. It is a story that will empower you to overcome your own challenges, live a more authentic life, and follow your dreams with courage and determination.

- How to break free from anxiety, depression, and self-limiting beliefs
- The importance of self-care, mindfulness, and embracing your true self
- The power of community, vulnerability, and connecting with others
- How to overcome challenges, build resilience, and find your purpose in life
- Practical tips and exercises for healing old wounds and creating a more fulfilling life

"Claire Fuller's memoir is an incredibly inspiring and moving account of her journey of self-discovery and healing. Her raw honesty and courage will resonate with anyone who has ever struggled with anxiety, depression, or a sense of unfulfillment. This book is a must-read for anyone looking to live a more authentic and meaningful life." - Sarah Jane, Author and Life Coach

"From Brighton to Bali and Back is a beautifully written and deeply personal memoir that will stay with you long after you finish it. Claire's story is a testament to the power of embracing change, stepping outside of your comfort zone, and listening to your inner voice. This book will empower you to overcome your own challenges and live a life that is true to who you are." - Richard Harris, Psychologist and Author

"Claire Fuller's memoir is an honest, raw, and deeply moving account of her journey of self-discovery and healing. Her writing is beautifully evocative, and her story is sure to inspire and empower anyone who reads it. This book is a must-read for anyone looking to create a more fulfilling and meaningful life." - Lisa Smith, Yoga Teacher and Author

Claire Fuller is a writer, speaker, and life coach who helps others overcome anxiety, depression, and self-limiting beliefs. She is passionate about helping people to live more authentic and fulfilling lives. Claire lives in Brighton, UK, with her husband and two daughters.

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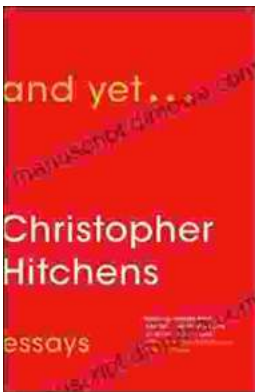
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