



Becoming Real: Our Journey Through Autism

Carolyn Johnson

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Becoming Real: Our Journey Through Autism is Carolyn Johnson's own inspiring true story as a mother of an Autistic child. She shares both the light and dark sides of Autism, as well as the deeper journey every family experiences with special needs children. Her powerful lessons on life and spirituality bring readers to a new level of awareness. Tears of both of laughter and compassion will flow as readers enter into Carolyn's overcoming story of "Becoming Real" on the journey. Along with inspiration, readers are given the necessary tools and education to heal themselves and their families. Carolyn's uniquely designed program called "Covering Your Bases" will guide readers along their journey to health. Practical steps on using healing diets, essential oils, supplements, and other natural home-based therapies are provided in the book. Additionally, as a Certified BodyTalk Practitioner, Carolyn explains what her own innovative approach to holistic healing has been able to do for hundreds of clients. Becoming Real: Our Journey Through Autism is a map for helping parents and children reach a new kind of "normal life" in a holistic manner. Carolyn took into account that each child is different therefore created a guide or framework to lead the reader through the process of helping Autistic children live a better quality of life. This Autism book is designed to share her unique experience, effective holistic remedies, and offer encouragement through the process of healing. A quote from Becoming Real: "Even though I will tell you how we have been lead through our journey, this is not going to be a "how to" book. My solutions may end up being similar to yours, but this won't be an exact formula to follow. I will give you a powerful framework to follow and I will be there way beyond the pages of this book, supporting you and cheering you on." "Becoming Real is one parent's honest and inspiring search for health for her family. Carolyn brings hope to a situation many families, educators, and health care providers struggle with today." - Renee Prymus, MFA, RYT, MMin, Adjunct Faculty at the University of Pittsburgh This book provides you with a powerful framework to help you structure your health interventions. It is meant to stimulate your thinking, so it may become more of a "how come" book than a "how to" book. You won't be able to resist asking the deeper questions that Autism

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