

Creative Books and Music, L.L.C.

Publisher of Books, Music, and More

"Creating with You in Life!"



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Presentation Topics

These presentation topics are offered by Sandra Agazzi Chimenti, M.Ed., owner of Creative Books and Music, L.L.C.

Sandra is the author of the popular new book *The Real Me: Awakening Your True Self – Positive Affirmations for Empowering Your Life*. You may contact her at (586) 996-8660.

For more information, please visit www.CreativeBooksAndMusic.com. Thank you.

1) "The Real Me: Awakening Your True Self"

Description: Discover the "Awakening Process" and the "Seven Aspects of Spiritual Awakening" from the new book *The Real Me: Awakening Your True Self* by Sandra Agazzi Chimenti, M.Ed. Sandra shares the "real answer" to the question "How do I create a wonderful life?" Many books and programs suggest that you just repeat a positive phrase to feel better, but that doesn't address the real issue! Sandra guides you to learn *how* to meet what is here now, so you can move from pain to true power. Learn how to achieve your dreams, improve your relationships, and empower your life. If you are tired of suffering and just getting through your day, now is your opportunity to awaken and create the wonderful life you truly deserve to give your *real self*.

2) "The Real Me: Awakening Your True Self" – Three-Week Class Series

Description: Our thoughts influence our level of success and happiness. By allowing our present feelings to move through us, we create healthier beliefs that lead to a happier life. The "**Awakening Process**" helps to clear away any blocks to achieving our goals, allowing us to create healthier beliefs for a happier life. In a series of three classes, learn to achieve your dreams, improve your relationships, and empower your life through self-reflection exercises, visualization, positive affirmations, goal creations, and original inspirational piano music by Sandra A. Chimenti.

Session 1: "Letting Go of the Story to Create a Path to Happiness"

Experience the theme of your emotions as you let go of the "story" behind the drama and create a path to your happiness. Discover how to communicate your needs and resolve issues in a positive manner. Experience the "Awakening Your True Self," "Release Strife and Enjoy Life," "Letting go Heals; Holding on Hurts," and "Communication Guide" reflection exercises from the instructor's book.

Session 2: "Creating Healthy Thoughts and Beliefs"

Recognize and release unhealthy thoughts that keep you from achieving your goals. Focus on creating what you want through positive self-talk, journaling, assertiveness, and healthy living. Experience the "Positive Affirmation Creation," "Mirror, Mirror," "What You Believe is What You See," and "Peaceful Prayer Meditation" reflection exercises from the instructor's book.

Session 3: "Achieving Your Dreams"

Learn to accomplish your goals by applying effort vs. struggle while listening to your intuitive and logical self. Experience the "Forgiveness: Release to Receive," "Intuition," "Gratitude," and "Goal Statements" exercises from the instructor's book. Learn to set goals in each area of your life, empower yourself, and achieve your dreams.

Presentations Topics (continued)

3) "The Real Parent: What You Know Will Empower You!"

Description: Children don't come with instructions! What are parents to do? Sandra Agazzi Chimenti, M.Ed., is an educator, parent, and the owner of "Growing Parents" and "Creative Books and Music, L.L.C." She is the author of the new book *The Real Me: Awakening Your True Self*. Sandra shares successful parenting approaches that build the parent/child relationship. Through respectful communication, positive discipline, self-reflection, creating family goals, and knowing about learning/parenting styles, you will discover the best parenting approaches for creating an enjoyable experience with your children at any age. Come with questions; leave with answers. All are welcome: Parents (new and seasoned), single parents, grandparents, educators, and adults looking to improve their relationship with their parents.

4) "Discover Your Power to Succeed!"

Description: Did you know that your thoughts create your reality? Positive or negative, what you believe is what you will see. Yet, to create happiness and success, you must first process any negative emotions. By allowing your feelings to move through you, you clear a path to your happiness, opening to a new level of awareness and understanding. As you create inner peace, welcoming positive thoughts becomes easier. Discover how the "Awakening Process" (a unique empowerment approach) guides you to achieve your dreams, improve your relationships, and empower your life. Through self-reflection exercises, visualization, and positive affirmations, goal creations, meditations, and more, you will learn valuable methods that are easy to apply and really work! Discover your power to succeed and let *The Real Me* guide you in creating the life you truly deserve to give your *real* self.

5) "Empower Your Life with Real Love!"

Description: Discover **Real Love** by focusing on your true and loving nature. Learn how to create healthier and more loving relationships, achieve your dreams, and empower your life through self-reflection, positive affirmations, humor, music, visualization, and the "Awakening Process!" from the book *The Real Me: Awakening Your True Self* by Sandra Agazzi Chimenti, M.Ed.

6) "Empower Your Life!"

Description: Empower your life by focusing on your true nature and tapping into your inner power to achieve your dreams. Learn to create healthy and loving relationships, achieve your dreams, and empower your life through self-reflection, positive affirmations, humor, music, visualization, and the "Awakening Process" from the new book *The Real Me: Awakening Your True Self* by Sandra Agazzi Chimenti. Follow your intuition and guidance as you embrace your dreams and empower your life. Invite your family and friends!

7) "Discover the 'Seven Aspects of Spiritual Awakening' – A Guide for Your Spiritual Journey!"

Description: Develop a deeper spiritual relationship with your Creator as you awaken to your "real" self – LOVE. Sandra Agazzi Chimenti, M.Ed., presents the "Seven Aspects of Spiritual Awakening" from her new book *The Real Me: Awakening Your True Self*. Sandra will introduce the "Awakening Process," considered the "missing step" in one's spiritual journey. She will teach you how to navigate through life's challenges and connect with God at a deeper level to create a positive life filled with love and inner peace. As you flow through the "Seven Aspects of Spiritual Awakening" and live a life guided by God's love, you will be inspired to share your spiritual gifts and talents to help heal our world. Join us and discover your Seven Aspects of Spiritual Awakening!

Presentations Topics (continued)

8) "Positive Affirmations for Empowering Your Life – The Keys to True Happiness!"

Description: You have more power than you may realize! To create true success and happiness, you must discover the power of your thoughts, words, and actions. Sandra Agazzi Chimenti, M.Ed., will share the keys to true empowerment from her new book *The Real Me: Awakening Your True Self*. Sandra will introduce the "Awakening Process," considered the "answer" to the question: "How do I create a wonderful life?" She will also introduce the "Seven Aspects of Spiritual Awakening" that form the main sections for the positive affirmations in her book. This experiential class will show you *how* to recognize negative thought patterns, replace these old thoughts with positive affirmations that you believe, and focus on your goals to create the life you deserve to give your *real* self. Join us and learn how to welcome positive thoughts for empowering your life!

9) "Awaken Your True Self and Discover Your Life's Purposes!"

Description: Do you ever ask the question "Why am I here?" Find your true answer through this enlightening presentation, featuring Sandra Agazzi Chimenti's new book, *The Real Me: Awakening Your True Self*. Sandra will teach you how to use the "Awakening Process" from her book to heal issues, remove energy blocks, so you can realize your divine calling. Enjoy a peaceful and relaxing meditation with Sandra's original spiritual piano music to reconnect with yourself. Learn how to create a clear connection with your Creator, so you can discover your purposes at each stage of your life and why you are on the earth at this time. She will also share the "Seven Aspects of Spiritual Awakening" which are a guide for your life's journey. Join us for this experiential class as you reconnect with your true self and discover your life's purpose.

10) "Heal Your Life and Heal Our Earth!"

Description: Author Sandra Agazzi Chimenti, M.Ed., invites you to reconnect with your Real Self through the "Awakening Process" and "Seven Aspects of Spiritual Awakening." Discover how your positive thoughts, words, actions, and presence can heal your life and our earth. We are connected on a spiritual level to all of Life. As we create a healthy and balanced life, we are better able to help others and heal our world. Based on her new book, *The Real Me: Awakening Your True Self*, Sandra Agazzi Chimenti will invite you to reconnect with your "Real Self" through the "Awakening Process" and the "Seven Aspects of Spiritual Awakening." She will inspire you to care for yourself and your earth by sharing your interests and talents. She will guide you through a special, healing meditation, helping you to feel your connection with the earth's energy and your true self. Since the earth is a living organism affected by our positive and negative energy, Sandra will show you how you to heal the earth and yourself with your positive thoughts, words, and most importantly, your actions and divine presence. Sandra's message: "As you heal your life, you share the gift that you already are – Love. Being who you are is the greatest gift you can give to heal your life and heal our earth." Join us!

11) "Honor Your True Power as You Grow Your Wings!"

Description: Summer is the time to embrace who you really are. What better way to discover you've got "wings" to take you to new heights than on Sat., June 21 from 2-4 p.m., celebrating National "Fairy Day" and the Summer Solstice! If you've been feeling a bit stuck in life and not achieving all your dreams, now is the time to honor your true power within and discover what it means to be a divine spiritual being. Remember how to be, speak, and act as a divine loving creation because that is your true nature. Sandra Agazzi Chimenti, M.Ed., will guide you on this exciting journey, featuring the "Awakening Process" and the "Seven Aspects of Spiritual Awakening" from her new book, *The Real Me: Awakening Your True Self*. Create a fun pair of "wings" to remind you that your greatest journey begins when you start.

Presentations Topics (continued)

12) "Real Solutions for Real Women and Families!"

Description: Discover **real** solutions to life's challenges while creating **real** opportunities for yourself and your family. Learn how to address any issue at the emotional level in order to help heal your body at the physical level. Through the "Awakening Process" from Sandra Agazzi Chimenti's new, spiritual empowerment book, ***The Real Me: Awakening Your True Self***, you will discover how to heal and strengthen yourself as well as your personal and professional relationships. You are more powerful than you realize. As you awaken to the power of your thoughts, words, and actions, you will create real solutions and real success!

13) "Create a Successful Writing Career!"

Description: Discover the true keys to success! Whether you want to write a book, a column, poetry, or music lyrics, you will need to identify and move past any doubts or negative thinking in order to achieve your goals. By being your wonderful real self and affirming positive goal statements, you will see how to create many opportunities for a successful writing career. To overcome any challenge, you will learn how to use the "Awakening Process" – a special, empowering approach from Sandra Agazzi Chimenti's book, ***The Real Me: Awakening Your True Self – Positive Affirmations for Empowering Your Life***. Through experiential exercises that tap into your creative potential, Sandra will guide you to go from where you are to where you want to be. Sandra will also share her real-life experiences as an author and publisher, guiding you past common challenges to achieve your dreams. You have the power to develop your writing passion into a successful career!

14) "The Way of Abundance: Ten Ways to Welcome Wealth!"

Description: Everyone wants to live comfortably without struggle. Abundance is a state of mind and influences all that we receive. To create real wealth, we need to discover the blocks to our happiness. Money is a form of energy. By changing our root beliefs and negative self-talk about our finances and ourselves, we will naturally attract positive energy in the form of money, abundance, and peace. Through positive effort vs. negative struggle, we have the power to achieve our goals and dreams!

15) "A Powerful Mind Creates a Healthy Body!"

Description: Our thoughts are very powerful. Every experience creates an emotional memory that is stored in our body. By discovering the emotional cause of an issue, you can address the root cause of any ailment. By processing these emotional stories and discovering the theme or life lesson, you can heal and transform your life. Learn how to create positive thoughts that you believe to enjoy a healthy body!

16) "Spiritual Renewal through Music, Meditation, and Me Time!"

Description: Music is very healing for our body, mind, and spirit. Each of us has our own unique tones that our body recognizes. When we vibrate these special sounds, we activate our bodies own healing abilities. Positive music and sound vibrations open our minds to a new way of being present in the NOW. Give yourself the gift of music, meditation, and some much needed "me time" to create health, happiness, and true inner peace.

Presentations Topics (continued)

17) "Release Strife and Enjoy Life!"

Description: Life doesn't need to be filled with strife. By choosing to release your painful story of the past, you will discover the theme or life lesson that will help you grow spiritually. Life is filled with opportunities to learn valuable lessons from the people and characters in your life story. The message is always for you. As you begin to live in the present moment, you will appreciate the new gifts that you create and you will really start enjoying life!

18) "Letting Go Heals, Holding On Hurts: Discover Your True Power!"

Description: Too many people carry the burdens of yesterday while worrying about the future. Their energy is scattered and they feel drained. By learning how to let go of the past and not fear the future, you will discover your true power and abilities to create what you want in your life right now. Through simple, experiential exercises, you will see how it feels better to let go and allow. Your energy will increase as you discover your true power!

19) "What You Believe is What You Will See!"

Description: Our beliefs truly do create our reality. Positive or negative, what you believe is what you will see. By adjusting your thoughts, you will begin to see in yourself and others what you had never seen before. It's as if everything changes within you on a deeper level. You have the power to create what you want for your life and inspire others to do the same. Sharing your positive presence strengthens your beliefs and creates a wonderful reality.

20) "I Am A G.I.F.T."

Description: The "I Am A G.I.F.T." program is designed for children of all ages. It helps them discover how to respond (versus react) to challenges and guides them to discover the wonderful gift of their real selves. It guides them develop their gifts and talents based on their interests and learning styles. The program is designed to help children share their most important gift with others — the gift of whom they are.

The "I Am A G.I.F.T. Educators/Parents Workshop" teaches adults how to apply the principals from Sandra's book to facilitate small and large group activities with children as well as among themselves.

By being our real selves, we share the gift of whom we are, creating success in all areas of our life. The "I am a G.I.F.T." phrase stands for "I am a giving, inspirational friend today!" Giving of ourselves to help others inspires friendships and meaningful relationships. As we create friendships through respect and positive communication, we feel inspired to give to one another and share our gifts and talents.

The "I am a G.I.F.T." program guides people to navigate through real life challenges by using the "Awakening Process" described in Sandra's book, *The Real Me*. When we have a negative experience, we usually react. The "Awakening Process" teaches people how to *respond* by identifying, on a physical level, what they are feeling emotionally. As they process the issue or theme, they gain a life lesson to help them respond in a more positive way to a situation. The positive statement taught to students is "**Stop** (and breathe), **feel** (your feelings), and **be real** (return to your peaceful, real self)." This program provides valuable and easy-to-use approaches that help children and adults increase their self-esteem, achieve true success, have healthy relationships, and develop the most important relationship — the one with themselves.

21) "YOU are the Key to Your Business Success!"

Description: To succeed in any business, you need to do what you love and love what you are doing. What are the keys to success? It starts with believing in yourself, knowing that you can achieve your dreams. By developing your interests and talents, you will discover how to be more creative, organized, and productive. Most of all *who* you are determines your level of success.

Being positive, honest, and responsible is foundational. Your company will grow because people enjoy doing business with you and feel they can trust you. Learn how to increase your success by developing more cooperative business relationships, creating unique products and services, and focusing on making a positive contribution that benefits people.

Discover how to navigate through any challenge using the powerful “Awakening Process” from Sandra Agazzi Chimenti’s popular new book *The Real Me: Awakening Your True Self – Positive Affirmations for Empowering Your Life*. This unique approach guides you to go from where you are to where you want to be. It doesn’t skip any steps nor does it tell you to just say you are happy if you aren’t. This process teaches you and your employees how to get to the root of any problem and solve it so you can achieve “true” business success!

Sandra Agazzi Chimenti, M.Ed., is an empowerment presenter, business-success coach, parenting expert, educator, musician, and author.

22) "Creative Success!"

Description: Share your gifts and talents by being your Real Self! Ideal for actors, musicians, writers, artists, and all creative people who want to have true success. Become a more creative person by connecting on a deeper level with yourself. Learn how to navigate through any challenge to remove the blocks to your happiness with the unique “Awakening Process” from *The Real Me: Awakening Your True Self* book. As you learn the theme of any challenge and release the issue, you will return to your peaceful self and welcome more success into your life. Apply these life-changing concepts to your professional and personal life to create real success!

Sandra Agazzi Chimenti, M.Ed., is an empowerment presenter, success coach, parenting expert, educator, musician, and author.

23) "Spiritually Empowered Entertainers" (S.E.E.)

Description: Join together with other creative entertainers who want to develop their spiritual selves. Actors, musicians, writers, artists, and all people who consider themselves wonderful creations of a Loving Presence are welcome to attend. As human beings, we have a body, mind, and spirit. Discover how to have more balance in your life in all areas. Developing your spiritual connection with a Divine and Loving Creator will guide you to discover your life purpose and how to fully share your gifts and talents – especially the gift of being who you are.

Sandra Agazzi Chimenti, M.Ed., is a spiritual empowerment presenter, parenting expert, educator, musician, and author. She will offer on-location spiritual services at your place of worship or facility.

24) "A New Year for the Real Me!"

Description: Celebrate the New Year and embrace your Real Self! You are a wonderful creation with many gifts and talents to share. Create success in your life by making choices that lead to your happiness. Get to the root cause of what has kept your past New Year’s resolutions from working. By using the “Awakening Process” from *The Real Me: Awakening Your True Self*, you will discover the theme of an issue, gain insight, and find a true solution to any challenge. Instead of just making resolutions, discover how to create positive *solutions* to really achieving your goals. Each moment is a new opportunity to honor who you are and be your loving real self to all.

Sandra Agazzi Chimenti, M.Ed., is an empowerment presenter, success coach, parenting expert, educator, musician, and author.
