



**Opting In: An inspirational self-help story for women who are misunderstood, isolated or living in fear to find empowerment, courage, confidence and self love.**

*Molly Fiore*

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Have You Felt Lost, Misunderstood, Desperate, and Helpless? You're Not Alone... If you've ever thought about ending your life, you're not the only one. Opting In is Molly Fiore's story of breaking through the darkness of complete despair to find herself and a new version of life that was awaiting her. A year before writing this book, Molly came frighteningly close to committing suicide. Death seemed the only answer, the only escape. She felt that no one understood her struggle or her pain. No one got it. But in that dark hour, Molly made a different choice: to get busy living. Her searingly honest and inspiring story leaps off the page to offer hope and guidance to anyone who wrestles with similar issues. By finding the courage to face herself, her past, and her present behaviors, Molly was able to accept the kind guidance of mentors and coaches in order to reach deep within to find and begin to show her authentic self. Her childhood, young adulthood, emotional life, and marriage all slowly turned themselves inside out as she began to learn about and accept who she really was. By confronting the secrets that kept her a victim of her own life, Molly found the doorway to fulfillment and joy she could not have imagined. Follow Molly on her courageous adventure, her journey within - and start to believe that with bravery and honesty, all things are possible.

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