



Madly Chasing Peace: How I Went From Hell to Happy in Nine Minutes a Day

By Dina Proctor



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Madly Chasing Peace: How I Went From Hell to Happy in Nine Minutes a Day By Dina Proctor

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The best self-help books are those that not only give concrete steps to help you find healing and freedom, but those that share how and why the ideas suggested actually work. *Madly Chasing Peace* is Dina Proctor's personal story. It angles through perfectionism and relentless seeking, and plummets into suicidal addiction and depression. Spending a year in a traditional addiction recovery program was her turning point, and she used that experience as a jumping-off place to even deeper experiences in self-healing and helping others to tap into their own extraordinary subconscious abilities. After hitting rock bottom, she desperately sought an answer, any answer, to the emotional hell she was living in. Complete physical and emotional transformation is what she found.

Rather than donning an expert hat and speaking from the perspective of knowledge, Dina speaks from the perspective of experience. What Dina terms the 3x3 -her 9-minute per day meditation practice- became the key to her healing. This process is so effective and unique that she enlisted Bruce Lipton, Phd and bestselling author of *Biology of Belief* to help explain why and how the 3x3 enabled Dina to experience such a profound level of physical and emotional healing, from food and alcohol addiction to weight loss to relationships with others.

Madly Chasing Peace takes you step by gritty step from the depth of Dina's personal desperation up through the victory of her healing of body, mind and soul. Her story can inspire you in your own journey to finding internal freedom from inner demons, comfort in your own skin, and access to a depth of joy little known to most people.



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Editorial Review

Review

"You just don't meet people like Dina every day. Her message and her book, *Madly Chasing Peace*, are raw, compelling and deeply inspiring. Dina's 9-minute-a-day meditation method is brilliant in its simplicity, and I think it will reach far and wide, helping others to find their own way on the quest for happiness".

- Jack Canfield, Co-author of *Chicken Soup for the Soul* and *The Success Principles*

"Up to 90% of individuals struggling with healing from addictions and chronic diseases need to realize that the cause of their issues is primarily related to mind-body interactions. In *Madly Chasing Peace*, Dina Proctor offers a powerful healing story using her 3x3 meditation technique, that unbeknownst to her, provides an inspiring example of the science of The Biology of Belief in action."

- Bruce H. Lipton, Ph.D., Cell biologist and bestselling author of *The Biology of Belief: Unleashing the Power of Consciousness, Matter and Miracles*

"Dina is a bright light of inspiration and wisdom. When you read her book or hear her speak, something inside of you will open up and resonate with her truth. Her 3x3 meditation is powerful in its simplicity. Don't let yourself doubt that something as subtle as mini-meditations will work for you. Try it. Feel it. See it for yourself."

- Janet Bray Attwood, Co-author of New York Times bestseller *The Passion Test*

"*Madly Chasing Peace* is one of those rare books that have me totally captivated and hanging on, page by page. Dina openly shares from her heart how she went from deep levels of pain to a place of serenity and joy. This book stands out from the rest in its delivery style, gripping story and easily executable methods. Highly recommended!"

- Peggy McColl, New York Times bestselling author

"Words can't express the depth of admiration I have for Dina. Her story is raw and real, and the depth of her blunt honesty is captivating. If you haven't heard of her, find her! Let yourself be uplifted by her message and inspired by the simplicity of the techniques she's developed, tools you can begin to use immediately in your own life."

- Patty Aubery, President, Jack Canfield Companies

"*Madly Chasing Peace* is a deeply touching story-yet it also provides compelling insights and powerful tools for change that can help people in all walks of life. I've already started using some of them myself! I encourage anyone who is looking for inspiration and new perspective to connect with Dina and read her book."

- Carol Kline, Co-author of New York Times bestsellers, *Happy for No Reason* and *Love for No Reason*

About the Author

Dina Proctor is a certified life coach and creator of the 3x3 Meditation technique. She holds a Bachelors Degree in Psychology and has been featured on CBS Sky Radio among other interviews.

Users Review

From reader reviews:

Connie Bannister:

Do you have favorite book? Should you have, what is your favorite's book? Book is very important thing for us to know everything in the world. Each book has different aim or even goal; it means that publication has different type. Some people truly feel enjoy to spend their the perfect time to read a book. These are reading whatever they take because their hobby will be reading a book. Think about the person who don't like looking at a book? Sometime, particular person feel need book once they found difficult problem as well as exercise. Well, probably you will require this Madly Chasing Peace: How I Went From Hell to Happy in Nine Minutes a Day.

Robert Caceres:

What do you concentrate on book? It is just for students as they are still students or the idea for all people in the world, what best subject for that? Just simply you can be answered for that question above. Every person has various personality and hobby for every other. Don't to be pushed someone or something that they don't would like do that. You must know how great and also important the book Madly Chasing Peace: How I Went From Hell to Happy in Nine Minutes a Day. All type of book would you see on many options. You can look for the internet sources or other social media.

David Lau:

Do you one of the book lovers? If yes, do you ever feeling doubt if you are in the book store? Make an effort to pick one book that you just dont know the inside because don't ascertain book by its deal with may doesn't work the following is difficult job because you are afraid that the inside maybe not as fantastic as in the outside look likes. Maybe you answer can be Madly Chasing Peace: How I Went From Hell to Happy in Nine Minutes a Day why because the great cover that make you consider in regards to the content will not disappoint a person. The inside or content is fantastic as the outside or cover. Your reading 6th sense will directly direct you to pick up this book.

Ruby Chartrand:

With this era which is the greater particular person or who has ability to do something more are more treasured than other. Do you want to become one among it? It is just simple method to have that. What you are related is just spending your time almost no but quite enough to possess a look at some books. One of many books in the top listing in your reading list is actually Madly Chasing Peace: How I Went From Hell to Happy in Nine Minutes a Day. This book that is certainly qualified as The Hungry Hillside can get you closer in becoming precious person. By looking upwards and review this book you can get many advantages.

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