



# MY JOURNEY TO BETTERMENT

How I Became a Better Man  
Through My Military Service  
and My Journey to a Better Future

# My Journey To Betterment

**Jeffrey L. McGregor**



## **My Journey To Betterment:**

**My Journey of Faith, Hope & Health** Ann Keefe, 2009-06-15 This book is a journal made up of 111 articles that were published in our local paper. The woman who wrote the journal was diagnosed with Lung Cancer in December of 2006 and her goal was to help people understand what it was like living and coping with the disease on a daily basis. She wrote about her everyday life, her Chemo and Radiation treatments, her trip to Seattle for Cyber Knife treatment. She wanted people to know that it was possible to lead a somewhat normal life even though the prognosis wasn't good. She tried to give people an insight into the thought process that a person with Lung Cancer goes through. The author bared her soul in these articles in order to help others with cancer or who had loved ones with the disease. Ann Keefe was my wife; she passed away on April 15th, 2009, and I had her *Journey of Faith Hope Health* published in her memory.

**My Journey Through Time** Dena Merriam, 2020-01-01 *My Journey Through Time* is a spiritual memoir that sheds light on the workings of karma, the law of cause and effect that creates one's present circumstances and relationships as we see it unfold through Dena's vivid memories of her previous births. We travel back in time as Dena learns of a life in early 20th century Russia ranging from the overthrow of the Czar through Nazi Germany, then it's back further to a life in early 19th century America in the Deep South and before that to a time in Africa in the early 18th century. Her lives in the East, in Persia, Japan, and India go back to the 15th-17th centuries. With each past life, we can see the way in which it has impacted her present life, how it has stemmed from the end of the previous birth, and how it will influence her next life. Dena Merriam is the founder of an interfaith organization, the Global Peace Initiative of Women. A long-time disciplined meditator, Dena's access to her past lives brings a clearer awareness and purpose to her present life and also overcomes any fear of death. The memories are triggered when Dena meets a new person or visits a new place in her current life. The memories bring remembrances of past suffering but also recollections of spiritual teachers and wise guidance. She has not used and does not advocate past life regressions or hypnosis as a way to prompt memories to return. Dena has decided to share her story despite being a very private person; she hopes that it can provide comfort and awaken the inner knowing of your own ongoing journey through time.

Redefine Yourself Scott Titan, *Embark on a Voyage of Self Discovery and Triumph*. Imagine standing before the greatest canvas of all your life. *Redefine Yourself: A Journey to Personal Excellence* is more than just a book; it's a compass guiding you through the treacherous yet rewarding terrain of self-improvement. With every page, you will embark upon an intimate pilgrimage poised to sculpt the very essence of who you are. Dive deep into the BTBYCB Philosophy, a bedrock that will support the transformative journey you're about to undertake. Designed to make you question the fabric of your being, it offers a revelatory understanding of what it truly means to Be The Best You Can Be. Absorb the Foundations of BTBYCB where startling insights reveal the latent potential that resides within you, waiting to be unleashed. Does your reflection in the mirror echo the authenticity of your inner voice? *The Art of Self Reflection* challenges you to gaze into the Mirror of Honesty. Refined

tools are provided to sharpen your self awareness and carve clarity from the chaos of everyday life Venture further and lift the veil with Unveiling the True Self discovering the indisputable core values that define your unique path Still growth doesn't come from standing still Ascend outside your comfort zone and learn to Rise Above with strategies that demand daily courage molding you piece by piece into a paragon of self belief Building Confidence Step by Step you'll master affirmations and visualizations cultivating a bedrock of resilience When adversity threatens your ideals Facing Adversity with Grace and Poise equips you with unwavering strategies to turn trials into triumphs Fused with daily exercises and invaluable resources the Appendix ensures the perpetual evolution of your personal excellence Embark on this journey laden with challenge enriched with insight and crowned with the joy of endless improvement Your path to personal excellence awaits

**Haquapathy: The Journey to Your Transcendent Life** Faris AlHajri-PhD(AM),2024-05-21 In Haqua Revitalize Therapy HART Faris AlHajri takes readers on a transformative journey through the revolutionary world of holistic wellness Drawing on his personal experience and profound insights Faris introduces readers to a groundbreaking approach to achieving optimal health and longevity This book is a testament to the power of human potential the laws of nature and the Four Essential Elements of Life FEELs Faris begins by sharing his personal health struggles chronic ailments and the turning point in 2007 when he discovered Haqua Revitalize Therapy HART also known as Haquapathy Readers are introduced to the fundamental principles that underpin Haqua Revitalize Therapy Faris explains the Laws of Creation and Nature LCN and how they are the guiding force behind this revolutionary approach to well being Readers are introduced to the Four Essential Elements of Life FEELs water oxygen hydrogen and energy Faris emphasizes the crucial role these elements play in maintaining the body's homeostatic balance and overall health The book provides an in depth look at the Haqua Revitalize Therapy HART approach exploring the various techniques and modalities used to harness the power of FEELs and unlock the body's self healing and self maintenance potentials Readers gain insights into how Haqua Revitalize Therapy HART can be practically applied to their daily lives Faris shares real life examples and testimonials showcasing the transformative impact of HART on individuals health and well being Faris shares his vision for the future of holistic wellness and wellness projects at a global level He highlights the need to align with the principles of nature and emphasizes that Haqua Revitalize Therapy is the key to a healthier and more vibrant world In the final chapter readers are left with a profound understanding of the transformative potential of Haqua Revitalize Therapy Faris concludes by encouraging individuals to embrace this revolutionary approach to wellness and embark on their journey to optimal health and longevity Haquapathy The Journey to Your Transcendent Life offers a roadmap to a healthier more vibrant life It's an invitation to explore the laws of nature unlock the potential within and experience the transformative power of the Four Essential Elements of Life FEELs *A Tough Love Guide to a Better Life* Tina Holloway,2020-02-13 *A Tough Love Guide to a better life* is a hard hitting life changing smack you in the face blow your hair back book of truth heartbreak triumph and reawakening WARNING read only if you want your

socks blown off This book is a fresh perspective of hope in a world that is seemingly going further into chaos If you are feeling lost and confused than you need to read this book It gets to the true root causes inherent in all humans of depression anger jealousy and the feeling of hopelessness that goes along with those emotions It breaks the barriers of the destructive deceitful thought patterns and beliefs such as If I was born this way than it must be impossible to change and there s nothing I can do about it or the thoughts just pop into my head I can t control them and many more **My Journey Is My Life**

Nwaoha Ugochukwu C.,2019-04-23 My Journey Is My Life Living to Fulfill a Purpose tells the inspiring story of author Nwaoha Ugochukwu C who grew up in a remote village in Nigeria In his own words My Journey Is My Life is based on a true life story and my life experiences in general It was written to teach others that the things that cost no pain provide lesser gains while things that cost more pain provide larger gains Where there has been little sweat there will be little sweet The experiences and activities in my life s journey if not for God s intervention were beyond what words could explain cruel and nearly unimaginable Frankly throughout this period what life gave me was more than terrible and frightening pictures so I thought the only thing remaining for me to do was depart from this world But I refused to die like a coward who dies more than ten times before his death Seeing what this life was all about it must be believed that it was by the will of God that I was saved And to give God all the glory I will employ the word of God from the Bible as I describe my survival efforts For they got not the land in possession by their own sword neither did their own arm save them but thy right hand and thine arm and the light of thy countenance because thou hadst a favor unto them Psalm 44 3 In the journey of life when fear is set aside greatness can be achieved in adversity *My Journey* Ramsis F. Ghaly MD FACS,2020-03-16 My journey is documented in

this two volume book numbers 14th and 15th of my series Christianity and the Human Brain My journey is a testimony to Lord Jesus who took me by the hand from being a dismal soul to a renown neurosurgeon and anesthesiologist through a dream I had in 1974 with his words Son study all these books in my hand and I shall bless you and bless your patients Today 35 years later I continue to dedicate my life to my Lord my patients and the residents I mentor The fulfillment of my joy is when my Almighty helps me to care for my patients and guides my hand in both neurosurgery and the teaching of coming generations There are many stories and reflections to share with you Lessons learned in various topics It is my honor to share with you my journey and my Joy The two volume books contain 181 chapters distributed in twenty sections ten in each volume covering major highlights in my life journey In addition to deep reflections from my own life stories in faith and medicine topics include Jesus love patient care the human brain neurosurgery illness residents healthcare crises meditations and memories over four decades I hope you the reader to take the positives of my journey and find it useful to your own journey as a participant sojourning in this world with me Blessed are those striving early on in their life to serve our Savior Jesus Christ to him is the glory for ever and ever Amen **My Journey to Redemption** Nikita Penn,2015-08-13 Fasten your seatbelts folks Let me take you on a ride that is unimaginable to any adult or child It was especially unimaginable to a young

boy I was born in New Orleans to a single mother of five children I was reared in the Florida housing project it was housing that reflected a very impoverished community This type of housing was offered at little to no cost at all to indigent families It is established in low income areas that are infested with alcoholism drug addiction sexual abuse and unemployment I was seemingly born into a dysfunctional lifestyle generations of dysfunction My mother was a chronic alcoholic She barhopped frequently and was often an absentee parent I never knew my biological father so I would always latch on to any male figure that I thought was a good role model Sounds familiar yet As a child I experienced and witnessed violence firsthand I was exposed to things that were alarming and continue to haunt me I call the haunting demons I ran from those demons gang affiliation drugs and alcohol and even the very often visible subject I saw dailydomestic abuse against women I now understand that there was a higher power watching over me During the troublesome times in my life I could have died at least six times God is good I am still here to share my story I hope this book offers solace to others that may have experienced something very similar

**Evolve: The Journey of a New Me** Dr Ellie Nik,2024-07-19 In the depths of societal expectations and the struggles of migration Ellie unveils a profound narrative of resilience From a challenging first marriage in Iran to the hurdles of cultural acclimatisation in Australia her story navigates love loss and self discovery with unwavering courage Through her experiences Ellie invites readers to embark on their own transformative journeys eVoLvE is a transformative non fiction work that intertwines memoir with a universal guide to self empowerment Crafted by Dr Ellie Nik this narrative traces a courageous journey through the intricacies of fighting societal norms transcending cultural boundaries moving continents and discovering one s true potential With profound insights and heartfelt storytelling this book serves as a beacon of inspiration for those seeking to break free from the confines of expectation and embrace the limitless possibilities of personal evolution

**Ghostmen: the Journey of Your Dreams!** Dr P.C. Sharma,2015-09-19 This is the story of a perennial stream The water students keeps on flowing by forward but the stream the institutional life remains the same Thus this is the story of every student of every youth aspiring for high goals of life Most of the events are from my own life and those of my erstwhile class fellows albeit attributed in the story to its characters *My Journey* Tomazinho Cardozo,2007

Column writings previously published in Navhind times English daily from Goa **MY JOURNEY THROUGH THE SHADOWS** Dr. Al Zike,2024-07-25 In *My Journey Through the Shadows* Understanding and Overcoming Depression the author provides a raw and revealing look at the silent battle many face with Depression Structured around personal experiences and detailed insights this book delves into every stage of recognizing confronting and living with Depression From the initial confusion and isolation to seeking help and finding renewal in relationships and personal achievements each chapter serves as a step on a transformative journey The author shares not only the dark days and challenges but also the moments of breakthroughs and the strategies that offered a new lease on life This is more than just a story it s a roadmap for anyone looking to understand the depths of Depression and find a way toward the light inspiring hope and transformation

**ANOTHER MANIFESTO OF A MADMAN FOR GOOD** JAY SHERMAN,2012-09-01 Distractions are all around us and come from all directions some come in the form of pictures movies or even books that we greatly enjoy but still keep us from what we were planning Distractions come from news outlets talking heads and what used to be reporters government and business leaders who are trying to not only add to their bottom lines but also distract us because they don't want us to know what's really going on and what they're really planning They figure if we keep fighting amongst ourselves and buying materialistic crap we don't need we will be pacified won't see what's really going on and therefore wouldn't unite and rise up to stop the whole damn thing Knowing the distractions are out there is the first step The second step is to decipher the distractions and their root and truthful definitions so we can slow and then end their sinister intentions **My Journey as a**

**Realtor** Pat Morrell-Donnelly,2011-08-09 This is a book about the life and experiences of Pat Morrell as a Realtor and a real estate broker On her long journey she spent over fifty one years in the real estate industry as an active agent She traveled through many valleys and over many mountains experiencing challenges losses and trying times It required faith determination and persistence There were constant new experiences and changes in the market and the paper work requirements The book includes articles and poems Pat wrote that were published over the years in the Real Toro Real Estate Guide and SACBOR by her real estate board Some of the articles are motivational and some are about the lives of realtors including Presidents of her Board of Realtors Her book So You Want To Sell Real Estate was started over thirty years ago and never completed Because of other obligations and life's challenges it was filed away until just recently Those pages are included in her book as well as other miscellaneous inspirational motivational and thought provoking articles and poems The survivors can take a trip down memory lane journeying back through the years **My Journey Through the Cross**

Ashley D. Wille, J.D., C.P.L.C.,2011-05 If you are ready to live your life free of guilt and shame and learn how to walk in spiritual freedom this book is for you From her childhood days to her life as a mother and struggling wife Ashley D Wille searched for answers Yet true and lasting satisfaction always proved just out of reach Now in midlife I have come to find my soul satiated in God Through sweet surprises difficult climbs and excruciating valleys the Master's hand has shaped me All along the way God has taught me many things What He has taught me most is that many of my beliefs about Him were wrong In heartfelt snapshots of a life author Ashley D Wille shares her insights and innermost struggles Through her profound experiences she shows how she was able to break through false layers of thinking and move into a deeper relationship with God It is packed with truth I have grown so much in reading it Lisa Jorgensen newlywed Christ Presbyterian Church Atlanta

*A Spirit Never Tires* Jeffrey L. McGregor,2012-10 How can a person have positive productive days which sometimes become weeks and then without warning experience negative unproductive days which sometimes become weeks or longer Is it just the ebb and flow of life or is it based on our choices and decisions Life is meant to be lived to its fullest which is an option for all rational individuals *A Spirit Never Tires* is based on the idea that when you are connected to your spirit your

choices and decisions are flowing and help you manifest the life you desire There are no born winners and no born losers only born choosers Once a person realizes that at every moment in time they have choices to change the direction of their life then their life will change Listed below are a few of the topics addressed in A Spirit Never Tires Knowing the real you Choosing the life you want to live Increasing your belief and confidence Goal setting to achieve your dreams Understanding the impact of your words Eliminating negative self talk and thoughts Creating a peaceful mind A Spirit Never Tires is based on the belief that the human spirit never tires of providing multiple options and the best choices to a connected individual This is your opportunity to jump on the train and awaken your untapped powers so the entire world can see the true and authentic you      *The Beautiful Heart* Acharya Prashant,2015-01-01 This book takes you very close to the ever existing notion that says Mind and Heart Twain shall never meet And if that be the case how does a man get rid of this restless feeling of being torn between the mind and the heart Author has extended an invitation through this book to come close to the beautiful heart of yours and see how enchanting it is to live by it His words poetic in nature will take you to the peace that one craves for all the time The Beautiful Heart a paragon will introduce you to an extremely different way of living not professed by many before a way that is far away from calculations and manipulations and cautious fearful steps that is conditioned into us since childhood Living by the Heart is a harmonious way of living      **My Way to The Moon** Rubal Choudhary,2021-07-05 A moon is a great companion to live with My Way to the Moon is a collection of prose swirling between the chants of moon symbolising Eternity and Immortality One could easily relate to the quotes and poetries I have carved on the topic MOON The book is all about Moon and for the ones who love Moon i e Selenophiles It holds both a Bad and a Good side of a human symbolising Love and Unity The book is written by Rubal Choudhary and recognised by Bravo International Book of Record      **A Turnaround is Coming My Way!** John B. Rwanika,2013-10-31 A compilation of inspirational thoughts to encourage many the broken hearted the desperate the voiceless the hurting all those afflicted with adversity those whose rescue and answer can only come from the Lord He is their only anchor hope and shield through the true and everlasting Word of promise      **My Journey Through Racism** Pearson Nurse,2011-03-30 Is hoped that this book will contribute to greater discussions of the treatment of immigrant blacks and minorities in Britain and whether the attitudinal DNA has been retained or has grown stronger or weaker in the current population It would convey to readers whether there has been significant change to date in race relations in the UK It is also an attempt to assist the youth in society to assert themselves combat racism and live by the creed of equality



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