

A Modern Day Story About Letting Go  
of Addiction and Finding Life's Purpose



# FIND YOUR TRUTH

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LOU REDMOND

Foreword by Alasdair Plambeck

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*Lou Redmond*

**Find Your Truth: A Modern Day Story About Letting Go of  
Addiction and Finding Life's Purpose**



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Have you ever thought there was more to life than working for the weekends? Read this book and discover your own trip to Truth. A college grad working a typical 9-5, Lou found his pleasure on the weekends through alcohol and drugs. In this natural and inspirational reserve, Lou shares his stories of self-sabotage, self-exploration, and self-discovery. After the same mundane routine and endless partying lows, he was given an opportunity that could forever change his existence. Through Lou's story you'll find practical tips that can help you Discover Your Truth and live a happier, more fulfilling lifestyle. Find Your Truth shows that no matter what your circumstances are, you be capable of change your life. There is definitely greatness inside most of us. Do you seek a deeper link with yourself or something higher?



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Two forks in the street and Lou doesn't go left or best. Lou decides to proceed North! His transparency and vulnerability enables you to relive his trip from a really visceral place. Quick and easy intro to positive considering and hidden gems throughout. Napoleon Hill explains that "only 2% of the population ends up effective: the various other 98% are trapped by fears and negative beliefs." Great instruction to starting meditation and an excellent overall read. true motivation! The author is quite courageous and comprehensive with writing his life's journey. Hooked right away. Hooked right away. The author enables you to in to his darkest hours without keeping back. Great exemplary case of finding happiness from within. Prepare for your own introspective experience when you flip through the pages soaking in the lessons and fresh perspectives on lifestyle. A real-life hero's journey. A worthwhile story for sure Lou's tale is wonderfully genuine. You can tell it's a personal published book which I feel increases the rawness and authenticity of the story, knowing it hasn't been chewed up by editors. There's a lot of power in the lessons that Lou communicates while posting his story and I'm very appreciative that he required the time to create it. Like I said this publication is incredibly raw, very deep, and super vision opening.!!!! This is simply not a person who considers themselves a guru providing you step by step instructions on how to improve your life. Inspirational Book!! Lou Redmond, a talented writer and storyteller, relates his struggles with addiction and the nearly systematic actions he took to turn himself around beginning with his personal epiphanies, his personal dedication to improve, the turbulent struggle to continue on that commitment and the victorious climb to personal freedom. A true present. Highly recommended. It offers you the equipment to be successful in whatever you perform, and gets you thrilled to awaken everyday and "CRUSH" existence. I was relatively skeptical of reading a personal development book but Find Your Truth changed my mind about this. I am not one who reads books and I completed this book in 2 days, it flows very well and this content is phenomenal. Highly recommend this book to young adults who are entering real life. If that is you, pick it up and I promise it won't disappoint. We totally enjoyed reading Look for Your Truth An inspiring turnaround testimony great if you would like inspiration and even better if you might NEED motivation. Find Your Truth is a delightfully well-created and engaging tale of this young man's journey through some tough years as he looks for what is most meaningful intended for him in his life. SUCH AN EXCELLENT READ! Lou's composing style, as an individual narrative, draws the reader intimately into his existence struggle, so the reader struggles along with him, resulting in a sense of a collaborative success. This is essential read for other people who could be fighting demons equivalent to those Lou overcame in his personal lifestyle. And for those people who are not really fighting demons, he simply inspires a greater climb on one's personal life path. Among the realest personal

advancement books I've read. Strongly suggested. I'm so grateful to Lou for not holding back and for posting his story with the globe. As I've gotten into reading personal development books, I often discover myself bored and drifting when the author only speaks in theory and hypotheticals. As a story that is authentic, relatable and inspirational, "Find Your Truth" didn't disappoint. Personally, i could relate to a few of Lou's struggles (drinking, medicines, party picture, etc), but even if you can't he actually shows you how you may take these lessons and apply them to any struggle in your daily life. Five Stars

What an inspirational publication! Many thanks Lou for letting us in. The book really teaches you how to live a positive and fulfilling existence. A breath of fresh air & I remaining the reserve expecting it to get rid of in a big finale but didn't. A MUST-READ!! This book is similar to a breath of oxygen! The natural honesty, vulnerability and authenticity with which Lou recounts his journey to self-discovery, make Discover Your Truth a uncommon gem in the wonderful world of personal advancement! WOW! This is a really inspirational account of how a person (as if you & me) overcame their self-sabotage and struggle (a couple of things we all cope with throughout our lives) and worked well towards a deeper, more linked, purposeful, pleasure and love-filled life! This book is useful for anyone, it'll empower you to wake up and display you that it's possible to start living a far more intentional life at this time. This beautifully written story with smart insights and practical suggestions, may be the perfect tool for anyone who is starting to feel just like there may be more. An inspiring turnaround testimony great if you would like inspiration and better still if you might NEED inspiration. At the minimum it will cause you to awaken, issue, smile, laugh and believe. I'd be amazed if a lot of people reading it don't have at least one big insight or 'aha' moment, which leads them on an incredible journey to finding their own truth. Simply put, this reserve is fantastic. I cannot wait to read his next book! This is surviving in the edge This being the next reading it's an amazingly experiential journey. Basic, joyful, tearful and peaceful! Lou brings you into your very own soul by barring his.! Great book! Awesome book! Highly absorbing and easy to read. The stories were so interesting, authentic and uplifting!.. Although you might not agree with everything created in the book, I really believe the refreshingly natural nuggets of wisdom that produce you rethink your outlook on particular areas of your life are well worth the read and so are easily applicable to anybody's circumstance.you'll end up feeling like he's your trainer and friend.. Lou Redmond tells his tale with transparency and wit. Find Your Truth Find Your Truth can be a well-written, free-flowing, and thought-provoking inspirational story of a man trying to patch together the best life meant for himself.recommend. There are excellent stories in the beginning of the publication about Lou in SENIOR HIGH SCHOOL, College, and his days living out in San Diego. Lou takes you on his journey of

self-discovery over which every reader will be able to relate to in a single form or another and moreover learn from.. Job well done. Not merely does his prose make this a pleasant read, but Redmond can combine it with heartfelt emotion while also providing the reader tools to discover his/her own "Truth". LOU IS THE MAN! I loved scanning this book and couldn't put it down. I read it in 2 days! The questions at the end of each chapter can make you think. The writer eloquently writes how he transforms his life from one that was not serving him to a far more peaceful, healthy, and fulfilling existence! I am eagerly awaiting the follow-up or viewing Lou sitting on a stage with Oprah. That is a must read! I can't wait to read his next one! Finally an Inspirational Story that's Relatable! I sensed that Lou did a tremendous work of pulling you in along with his own, incredibly raw, story and complimenting that with how you could apply his learnings to your own existence. Lou Redmond does a fantastic job of guiding the reader through his transformational journey, from his darkest occasions with drugs and alcohol to his peak of enlightenment. Inspirational Book! With that said, if you are somebody who is struggling with addiction, wants a stronger feeling of self-worth, or is merely looking for purpose, then "Find Your Truth" is where you will need to start.



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