



Khalil Rafati

I Forgot to Die



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I actually Forgot to Die can be an incredible true tale of pain, suffering, addiction, and redemption - and how one man ultimately conquered his demons and wrote himself a fresh life story. He was dealing with Hollywood celebrities and legendary rock musicians, but it wasn't a long time before he found his way into the dark underbelly of the City of Angels. At 33, Khalil was 109 pounds, a convicted felon, senior high school dropout, and homeless junkie living on the infamous Skid Row in downtown L. When he hit very cheap - dependent on heroin and cocaine, overtaken by paranoia and psychosis, written off by his friends and family - he grabbed a shovel and held digging.A. So how does someone with nothing at all, who feels as though they deserve nothing, and who just really wants to end it all turn their existence around?Khalil Rafati went to Los Angeles in the 1990s and had everything.



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Loving What Is I first heard about Khalil's inspirational tale on the Rich Roll podcast and we were compelled to find out more about his tale because he emanates an unbelievable peace and calm. Specifically, I was relocated by his ability to forgive the people in his childhood who got triggered the traumas which finished up pressing him toward a reckless lifestyle of drug addiction. His acceptance/surrender of his past allowed me to start out moving toward my very own trip of forgiveness and self-acceptance. His book could be deeply healing for anyone because its underlying styles of unmet childhood requires, trauma, self-acceptance, redemption, friendship and obtaining significance are common. It's a crazy ride you continue on with Khalil, but his tale is captivating and movements fast. Without spoiling the book, the amount of serendipity in this story is incredible and gorgeous, and redemptive. Amazing book When I purchased this book I was skeptical. Likely to be just another drug book. Not really gonna lie I cried just a little by the end. And the author is absolutely correct in my opinion, if someone is wanting to mentor and help another, it is very important to have resided and shared the same experiences. Wow Inspiring, truly an eye opener. It's so real and authentic. Recovery is Possible I came across this book extremely inspiring for anyone experiencing addiction. I am slow reader and many situations .. It made me look at my past drug usage and how I regret alot (not absolutely all) of it. I am not a good reader. I am slow reader and several times I do not end the book. The author deserve his success. And bought a different one, paper print (my was Kindle) for my boy and he also finished it fast.. It gives them hope that they also have an opportunity to stop and also have normal life once again. That it's possible, no matter how long these were using medications. But I sure completed this one fast! I'm glad we read it This book really opened my eyes to the mental and emotional struggles of an addict. I'm glad I read it, since it reveals the real way addicts think and feel, which is why I purchased the book. I had a need to understand the thought processes of some individuals I know who struggle every day with addiction. It had been wonderful to know that Khalil was able to overcome his cravings, reinvent himself and stay sober. If you are an addict or someone you like is one I recommend this book. I didn't realize how much I had a need to read this book until we finished it. I found out about Khalil's journey on a podcast I listen to. I sent it to a loved one that's in the struggle. It's amazing that he survived all that he did, but therefore cool to see what a success he's. It opened my eye that my own edition of what I believed my "story" was may be just what holds me back again from truly strolling through the threshold of acceptance, and lastly allowing myself to live in pure joy and fulfillment. This book was inspiring to state the least. Funny, Painful, Truthful find out about a man dealt a bad submit life and how he overcame his adversity. I am so happy you forgot to die and reside in to talk about your story as well as your lifestyle with us.. Thank you

Kahlil xo Painful/Funny Life throws a lot of people curve balls. As somebody who loves an addict this publication helps you better understand the grasp addiction offers & disabilities, poverty, abandonment, homelessness, disease. Then some individuals coast through life like nothing at all and are blessed with like, friendships, and family. Captivating Fantastic read and definitely captures the realness and rawness of drug abuse. May PEACE be with you and may you finally discover your happiness while others make an effort to overcome the same problems as you. In some ways I agree that some people's lives just aren't worth your time and effort to live. Great publication and good motivation for all those teenagers who are dependent on medications... Thumbs Up! a sad but true affirmation when you consider the parts from a length. Would recommend to anyone who needs something to read I Forgot To Die Great book. I cringed when I find out about the drug usage and the OD's..To Khalil if you are reading this MANY THANKS for writing your reserve. This guy got the short end of deal and decided his life wasn't worth living. Incredible story, a major inspiration for life That is a heartbreaking yet inspiring life story of a boy so broken you will cry for him. Incredible, I possibly could read it 5x in a row this book is truly incredible, I read it in a single day. The fact his life is particularly fascinating being under the employ of multiple celebrities, the depths of drug addiction and acquiring a existence of purpose, support and love. The total amount he provides endured is really breathtaking, however, many of his encounters are really ones you would not need known, so it's pretty interesting to get that perspective as well. When he gets sober, he actually fills you with therefore much hope, and he leaves you seeking a growing number of. While I haven't struggled with hard drugs, there have been many similarities in thought process, factors of weakness, the intense struggle with major depression, and amazing moments of clarity that offered me my own "ah ha" moments. This book is indeed underrated, I recommend. I am not a good reader. Recovery CAN & DOES happen. I love how he realizes by using his sponsor his personal possession in his failed romantic relationships & downfalls in order to finally make the adjustments within himself to get over.. the proceedings in their thoughts when using (basically their brains are hijacked). It's so uplifting to find him finally seeing dreams become a reality after so many heartbreaking failed attempts time after time. Great book Great story, great way of composing it. Really enjoyed the reserve and inspired because of it. If you have someone you care about that is struggling with addiction, this is a great book to get for them. This publication resonated with me deep down in my own soul. Its well written and I'm jealous of how his lifestyle changed so dramatically so many times. Thanks a lot for writing this reserve!. I didn't want it to finish. It really is easy and fast to learn. It'll give hope and give them something of a blueprint on how best to escape the trap of addiction. I only desire he had expounded a bit more on a

few of the healing foods and niacin treatment. Easy, quick read.! I was unfamiliar with his story, but inspired to learn his book of personal triumph over the darkness. WHY ?This guy came out of that mess to succeed in his quest for happiness . Actually quick read as I couldn't place it down. Been there completed that got the t shirt. Amazing I thought we would give this publication five stars because it was written whole-heartly. Boy was I wrong. Relating to others , and seeing thier achievement is more hopeful after that being told how exactly to live existence by a doctor with credibility. I related to the writer and I really believe him. Incredible life, thanks for sharing it!



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