

A Journey Through Life's Ups and Downs

“A story of healing self in mind, body, and spirit through choices made in a lifetime; a story belonging to anyone; a story without gender, race, or wealth.

"Positive, practical messages flow throughout the entire book, offering inspiration and hope to those who have the courage and faith to take risks and to continue to evolve."

— The US Review of Books

It's My CHOICE



Soo Myung Chung

Honolulu, Sep 22, 2020 (IssueWire.com) - Author Soo Myung Chung releases her memoir, [It's My Choice](#), to remind us that despite how rough our situation can be, we can still make our lives worth living.

Soo suffered a great deal of loss and pain, which made her think that nothing seems to be going right, and the bad stuff continually drowns out the good ones. After going through a coronary angiogram, she almost lost her life, but that was when she felt profound peace, helping her to move forward.

Soo's life story and words of encouragement will encourage us to always make the best out of every situation and live our days better than the last.

"...a prolific work ripe with spiritual truisms based on thoughtful insights garnered from author SM Chung's life borne experiences, the tangibility of which is expressed with an overview of pragmatism and honesty which readers will find resonate both in truth and in scope... This book made for a spiritually edifying read, worthy of adding to any metaphysical library. She presents a deeply insightful understanding of how the thoughts she chose to think in her life borne interactions became somehow expressed within her reality, making the overall premise explored in this compelling narrative," shares Lisa Brown-Gilbert of Pacific Book Reviews.

Read the full review through this [link](#). To get the latest update on authors, like and follow Authors Press on Facebook, Instagram, and Twitter.

[It's My Choice](#)

Written by Soo Myung Chung

E-book | \$3.99

Paperback | \$10.99

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