



The Indepth Me

Jude Arnold

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The Indepth Me

Jude Arnold

The Indepth Me Jude Arnold

FREE CD OFFER!!!If you have purchased this book from AuthorHouseVisit my website to claim your free gift!<http://www.drjudearnold.com> In 1990 Jude lost her beloved, younger sister, Jan, in a tragic and well publicized Scuba diving accident.In 2003 Jude published Jan's diaries in the controversial, Spiritual, Erotic Memoir, Jan Does Europe, also published by Author House.The Indepth Me is, naturally, more intense than Jan Does Europe and gets into topics in Jan and Jude's relationship, like men, diet, lifestyle, and travel, in much more depth. Jude has been working on this book since 1984, when she began her bike trip around the world. It is about conquering fear, journaling, therapy, astrology, and grief-work. The Indepth Me begins with a detailed account of Jan's drowning and the letters Jude wrote Jan afterwards. Then the reader is taken back in time to the letters Jan wrote Jude just out of high school. The two sisters exchange letters about their lives, work, and trips until Jan's death. The exciting conclusion of The Indepth Me will, hopefully, thrill, encourage and inspire you.

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