

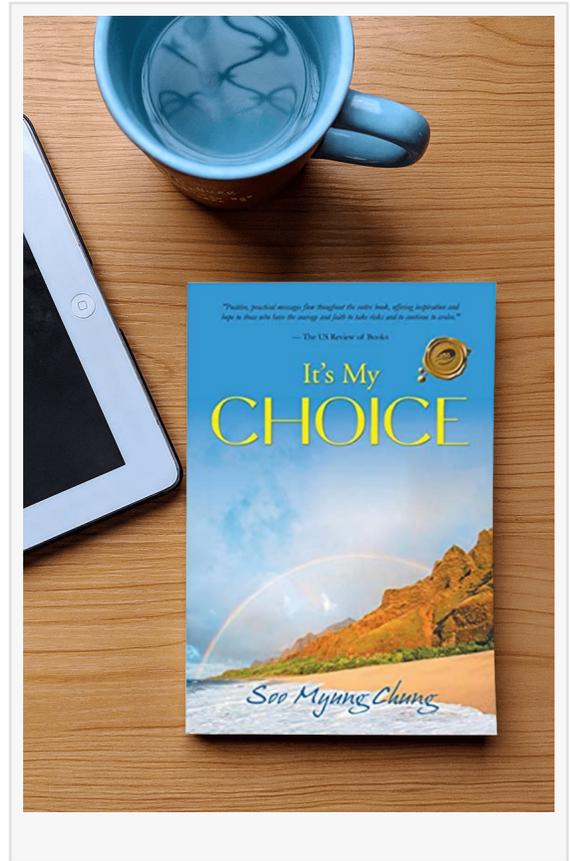
It's My Choice

It's my choice! I think of the many times I've told myself that and the years it took before I believed it.

GUADALAJARA, JA, MEXICO, December 7, 2021

/EINPresswire.com/ -- Soo Myung Chung's *It's My Choice* is a riveting memoir that traverses through doubt, fear, pain, and joy; above all, it's a story of healing in the tripartite constitution of our being: mind, body, and soul. Published by Authors Press, Soo Myung Chung's memoir will be part of a catalog of works to be featured in the prestigious Guadalajara International Book Fair happening in Jalisco, Mexico.

The book opens with a recollection of the unexpected death of her husband. The grief that came with it transported the author into a place of deep introspection; she contemplated on the power of her choices. She writes, "It's my choice! I think of the many times I've told myself that and the years it took before I believed it. They're reminders that I own my decisions regardless of what the situation is or who tells me what to do. Today, self-reminders are less frequent because I feel in control of my whole life, not just part of it. Why? Because I have a free will, God's gift to each of us. It's a love-gift given freely, unconditionally. It is without strings, enabling me to choose my journey, my path."



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Soo Myung Chung

Soo Myung Chung tells her readers that self-improvement and progress are achieved through self love. We become better human beings when we recognize the special light illuminating within us — God.

Grab your copy of this enlightening book at Authors Press, Amazon and other online bookstores.

It's My Choice

Written by Soo Myung Chung

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