

## Thought Inspirational Speaker and entrepreneur Aileen Castellano Debuts With Book, Heal Your Past & Live Today



**New York City, Jan 3, 2020 ([Issuewire.com](http://Issuewire.com))** - Author, Ascension Mentor, Thought Inspirational Speaker and entrepreneur Aileen Castellano debut book, *Heal Your Past & Live Today*, Has Already Seen Tremendous Success In Sales Numbers since its October 10th 2019 release. A personal development guide to embracing imperfection and leading a richer, more fulfilling life, *Heal Your Past & Live Today* has soared onto Amazon's bestseller list.

In *Heal Your Past & Live Today*, the author urges readers to recognize the power of thoughts and words. "Every thought you think and every word you speak is an Affirmation. When you reprogram your mind with positive & powerful affirmations, you will begin to experience MIRACLES.

"To own your life", you must take bold steps towards the life that you want to create," says Aileen. "And to do that, it requires a mindset shift. Without that, the rest of the advice is hard to take action on."

With exercises to identify where readers are holding themselves back and tactical steps to incorporate those lessons into daily life, *Heal Your Past & Live Today* can help audiences across professions, backgrounds, and life stages. Aileen recommends the book in particular to those who are going through any type of transition -- from preparing to graduate to going from a corporate job into the world of entrepreneurship. You can order your own copy of *Heal Your Past & Live Today* on [Amazon](#). For updates on upcoming tour dates, check out to Aileen [website](#)

### **About Heal Your Past & Live Today**

*Heal Your Past & Live Today*, Every thought you think and every word you speak is an Affirmation. When you reprogram your mind with positive & powerful affirmations, you will begin to experience MIRACLES. By reading these 33 Powerful Affirmations daily, you will replace the old, worn ways of thinking and transform your subconscious mind – the receptacle of all information obtained at the soul level. Along with daily affirmations to help you raise your energetic vibration, you will begin to align with everything you want to attract in your life.

In *Heal Your Past & Live Today*, You will also learn simple breathing and meditation techniques to help you remain mindful, calm and confident as you move through the activities of your day. If you struggle with feelings of overwhelm, anxiety, worry, over-thinking, fear, drama with others, impulsiveness, negative triggers from other people's words or actions, feeling like a victim, grief, regrets, loneliness, or old emotions that keep you stuck in the past... then this book is for YOU.

### **ABOUT Aileen Castellano**

Aileen Castellano is a Wealthness Coach, Spiritual Entrepreneur, Ascension Mentor, Speaker, and Self-Development Author with over 17 years of experience as a Marriage and Family Therapist and Mediator. She is also the founder of Famwell Healing, creator of the Sacred Surrender Program, and developer of the Guide to Wealthness. Before she began helping clients with life-changing transitions, Aileen excelled in the world of finance and banking, expanded her family's construction business, and became an executive recruiter for a Fortune 500 company.

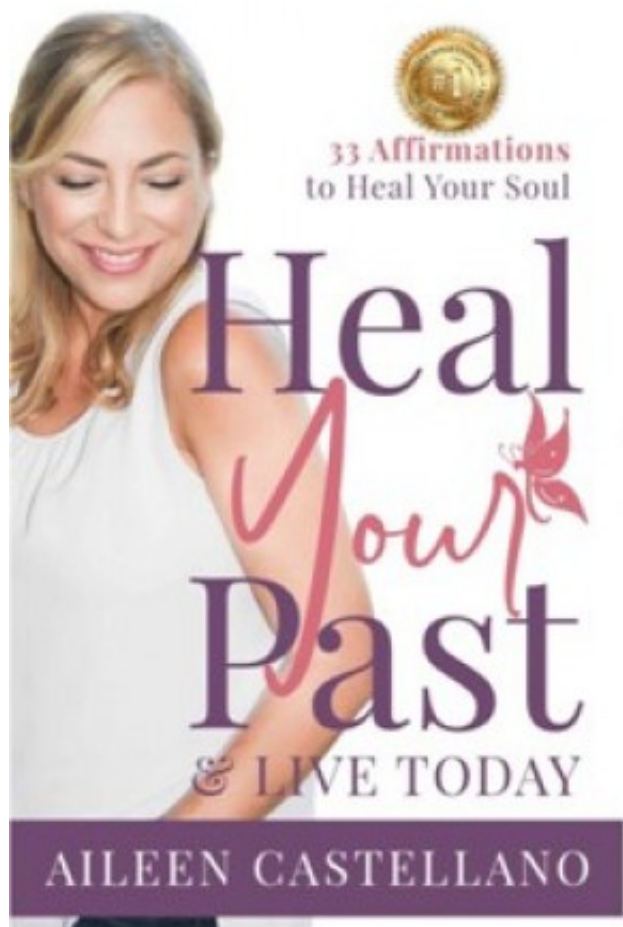
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