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"This book is one woman's journey, and I find it to be profound."

--Carolyn Hunt, Founder, Legacy of Legends

PERFECT PRACTICE

A Philosophy for Living an Authentic and Transparent Life

Mary S. Corning changes lives by defining the transformative power of pain

There is much written about overcoming emotional pain. But writer, speaker, consultant and mentor Mary S. Corning takes a fresh and groundbreaking approach, a true paradigm shift, to facing pain: Rather than working to overcome it, Corning counsels that readers focus on its wisdom, gain insights, and then use them as a vehicle for growth for freedom from our own fearful thoughts.

In her inspirational new book, ***Perfect Practice: A Philosophy for Living an Authentic and Transparent Life*** (Circle Around Publishing; June 10, 2019; \$15.95), Corning hopes to plant a seed of inspiration for readers to learn how to transform pain into purpose, conflict into confidence, and fear into curiosity. Corning shows readers how to look deeply into the experiences that have caused them pain, using their hearts and minds to apply it to their lives in a transformational way.

Corning was inspired in her work by the legendary horse trainer, Ray Hunt, who embodied the truth of the horse as a living, thinking, and spiritual being. By understanding the natural defensiveness between predator and prey, it provided Mary the chance to transcend intrinsic separation. She realized she could shift her perspective and change her world, and therefore so could others.

Hunt was known for simple yet profound sayings such as, "Make the wrong thing difficult and the right thing easy." The premise for this book was another quote from Hunt: "I'll never be perfect, but I won't settle for anything less." This philosophy is the underpinning of Corning's work: learning from mistakes and building on successes. Her work with Hunt and with horses has taught her how to resolve conflict, communicate requests, and not to look for what is right and wrong, but rather what is effective and ineffective.



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This lyrically written, eminently readable book, written by a master storyteller, carries the reader along Corning's personal journey through addiction, dependency, grieving and loss and taking risks.

Her inspiring story serves as a model for readers to transform their lives. Corning believes that if readers choose to feel good about their lives, they can change defensive perceptions and create positive growth. She counsels that living an authentic life helps gain crucial acceptance that helps readers understand their world.

Corning writes about the importance of being dedicated rather than feeling obligated; dedication is positive and life-enhancing, whereas obligation is a negative feeling. Her other messages include observing personal patterns in order to heal; working from success to success by consciously correcting small problems as they occur; and abandoning the judgmental concepts of right and wrong. Finally, Corning counsels readers to educate themselves about their lives in order to learn from their experiences. And she wisely encourages self-care, believing that in order to care for others, we must first care for ourselves.

Perfect Practice offers a simple philosophy for living that reunites us with our own authenticity so we gain acceptance for ourselves and for others.

ABOUT THE AUTHOR:

Mary S. Corning changes lives by defining the transformative power of pain. As a mentor, speaker, consultant, and writer, she clearly and compassionately models this process through her messages and stories. Mary extends her philosophy into the world of horses, where both people and horses benefit from realizing a different way to interpret challenge.
www.marycorning.com

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