



Set Yourself Free: Reon Schutte's 10 Principles to Break Out of Your Personal Prison through The Power of Choice

Reon Schutte

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Set Yourself Free: Reon Schutte's 10 Principles to Break Out of Your Personal Prison through The Power of Choice Reon Schutte

Reon Schutte has led a remarkable life. A South African soldier captured in a cross border raid into Zimbabwe in 1990, he spent nearly 13 years in that country's infamously brutal Chikurubi prison. Since his pardon and release, he has presented his triumphant story of survival and transformation to 1 million people around the world, from business executives to students, prisoners to cancer survivors, war veterans to government leaders. Now in his highly anticipated first book, written with award-winning author, journalist and certified life coach, Maggie Kuhn Jacobus, Reon shares his epic personal life journey, holding readers spellbound with an inspiring recounting of overcoming inconceivable adversity. The keys to his resiliency are The 10 Principles—the major lessons he learned that allowed him to be free, even while imprisoned. With concrete exercises to put the Principles into practice, readers are given tools to break out of their own personal prisons of fear, hate, anger, lack of forgiveness and more, in order to experience a life of happiness and peace, regardless of circumstances. Reon's journey demonstrates the potential for all humans to overcome adversity, while The 10 Principles illustrate the soul's resourcefulness to use trying circumstances for transformation.

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Tia Sargent:

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