

Book Review: When Did You Die?

When Did You Die? 8 Steps to Stop Dying Every Day and Start Waking Up

By Temple Hayes

The Rx For the Emotionally and Spiritually Drained Generation

“The secret of life is not whether we will live or die; It is the parts of ourselves which we allow to die while we are living.” — Gary Busey

When did you die? When someone told you that you weren't good enough? When you buried who you really are for fear that others would disapprove? Or when you gave up your creative dreams to take a “practical” job? Are you in a relationship which does not ‘relate’ to you?

You may not have realized you were dying, but you have been dying a little more each day. And that's the miracle of Temple Hayes' remarkable bestselling book *When Did You Die? 8 Steps to Stop Dying Every Day and Start Waking Up*. It empowers you to wake up and take back your life!

Hayes is today one of the most respected and authentically inspiring leaders in spiritual enrichment and a sought-after speaker. A spiritual leader and well known life coach with a global following, and an extremely popular radio show, Hayes knows firsthand what it is to die to your true self and your dreams.

Born in a rural Southern church-going community, she knew from the beginning she was different from those around her. Her life was filled with strife—violence in the home, a lack of love and compassion, blatant neglect. Her father killed her adored cat, later ran over her dog with his truck and when she was helping her beloved dog, her grandfather—with reckless abandon—ran over her with his car. Horrifyingly, her mother was forced into shock treatments for not conforming to local morale judgments. What terrible message did THAT convey to her preteen daughter? Men tried to force themselves on Hayes.

So at 13, she sought to numb the pain with alcohol bought at the local grocery store. But there was more that she was hiding, she knew she had a deep connection to spirit which no one would approve or believe because it didn't conform to traditional Christian teachings. And the biggest secret of all was that she was attracted to other girls. So each day, she denied who she was, diving deeper into numbness, dying a little more each day.

And so she raged on, with a drinking problem that resulted in multiple auto accidents, arrests, the loss of her driver's license, and years of bad behavior. Over the years, despite outwardly having a very successful professional career in the corporate world, she floundered in relationships, felt empty and hid her sexual identity. And then slowly she emerged -- with a deep hunger for spiritual connection, a connection that led to her healing and to the wisdom that she offers in *When Did You Die?* to help others resurrect themselves.

Says Hayes: "Many people do not realize that there are many layers of being asleep and dying while we are living. We are so caught up in the motions of living, eating, working, and making and keeping appointments that we don't realize that we died to our potential a long time ago. We have become robotic! How do you know whether you've been dying a bit every day? One key way is to notice if you are feeling disconnected or drained rather than energized or impassioned about your life...the inner cause of feeling disconnected and drained is that our society and surroundings often do not allow us the chance to be our true selves. We often approach life being half awake which gets in the way of our success.

"True success is measured by how we thrive and live being totally alive, rather than being drained and weary. Subtle deaths prevent us from experiencing the miracles and magic that are our birthright. Your light is your energy, your gift to the world. And your lightness of being is your gift to yourself. Making a decision to stop dying will greatly increase your capacity to start living and to manifest your true purpose in life. You will now begin to shine."
-Temple Hayes

When Did You Die? is designed to inspire you to become more alive, more authentic, more youthful, and more energetic! A much-needed wake-up call for an emotionally and spiritually drained generation, the book offers a profound 8-step program to propel you to a healthier, happier, and more prosperous life. This inspiring, realistic guide is packed with motivational tools, shamanic surprises, daily practices, uplifting parables, and good, old-fashioned Southern storytelling.

Chapter by chapter, step by step, you'll learn how you connect with those subtle moments which will leave you either disconnected and drained or energized and impassioned. Discover practical ways to actually go through fear and not let it stop you. You'll learn how restoring your soul re-energizes you and creates an open heart.

When Did You Die? shifts the paradigm and lifts you to live beyond your greatest vision. Hayes is the embodiment of what she teaches. Authentic to the core, she inspires millions around the world: "I had almost become comfortable being a chicken even though deep down I always knew I was an eagle destined for an 'eagle's life.'

The eagle within me continued to call me to keep going." And so Hayes did...living in full brilliance instead of dying a bit more each day.