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## **Imprint Expert Provides Transformation to Authentic Self Through Workshops**

*Liliane Desjardins, co-founder of Pavillon Gilles Desjardins and Pavillon International, recovery centers in Quebec and North Carolina, and author of the newly published “The Imprint Journey,” offers transformative workshops and talks on it.*

Co-founder of treatment centers and President of Higher Power Productions, Liliane Desjardins, spreads her message of hope and freedom from self-limiting beliefs and addictions, through workshops and in her new book “The Imprint Journey: A Path of Lasting Transformation into Your Authentic Self” (ISBN 9781615990887, Life Scripts Press, 2011).

Liliane Desjardins’ journey of recovery has lasted a lifetime, from dealing with her own negative imprints that began during a childhood in war-torn Croatia during World War II, to her own battle with addictions as a wife and artist in Canada, to spreading her message of transformation by facilitating workshops and co-founding the Pavillon Gilles Desjardins in Quebec and Pavillon International in North Carolina. Now she continues to spread her message in her new book, “The Imprint Journey.”

At the heart of Desjardins’ journey is her sincere desire to watch other people’s lives become transformed as they discover their authentic selves. Desjardins spends most of her time offering workshops or spreading her message through educational television programs and speaking internationally. After living in four countries—Croatia, France, Canada, and the United States, and working with people from every walk of life—male/female, black/white, gay/straight, Christian/Muslim, rich/poor—she has a global understanding and a global mission to bring her message to millions. With humor, expertise, and compassion, she takes people through “Action Steps to Transformation” and provides an intense healing experience through her multiple day workshops.

The effectiveness of her workshops and continual encouragement from friends and those she has helped finally inspired her to write “The Imprint Journey” so she could bring her message to people across the globe. Her analysis of imprints—the self-limiting and dysfunctional beliefs and thoughts we inherit genetically and from our early environment—and her steps to overcome those imprints so people can transform themselves and find the Authentic Self beneath have healed hundreds of people over her nearly forty years of helping others.

Dr. Douglas Ziedonis, in his foreword states " As a physician and psychiatrist, I have worked with many individuals, couples, and families who suffer from addiction, mental illness, grief, separation, and other life stressors. The wisdom in this book could be a valuable resource and source of support to all of them as a self-help guide or tool in therapy or a support group. As a leader and teacher at the University of Massachusetts Medical School and UMass Memorial Health Care system (as well as at UCLA, Yale,

and Rutgers in the past), I know that students, staff, and faculty benefit from having time for self-reflection and from help with balancing work, family, friends, and community. Increasing awareness, one of the most important things we can all do, is the first step in Liliane's model."

Many of the people Desjardins has helped through workshops were moved to share their stories of recovery in "The Imprint Journey" and to testify to Desjardins' understanding, compassion, and effectiveness. Irene Watson, who later co-authored with Desjardins the book "Rewriting Life Scripts," stated that attending was "a life-changing experience for me...I had no idea that how I behaved, acted, thought, and reacted were actual imprints and that I could rewrite the script. How liberating was that! I got in touch with my identity, a part of me I hadn't been consciously aware of before." Such stories are common among those Desjardins has helped. Through her workshops, educational interviews, and books, she seeks to provide hope and a path to transformation to new audiences everywhere.

#### About the Author

Liliane Desjardins was born in Zagreb, Croatia during World War II. Her parents' imprints and the war-torn world she was born into shaped her own imprints and addictions. After entering recovery, Liliane's focus became reshaping and recreating her life and the lives of others. Liliane is a Certified Clinical Addiction Specialist. She is renowned for her highly successful and innovative work and the Desjardins Unified Model of Treatment of Addictions. She is the co-founder of Pavillon Gilles Desjardins in Quebec, a center for treatment of Addiction Interaction Disorder, and of Pavillon International, a center for Substance Treatment in North Carolina. Liliane has thirty-two years of experience in clinical work. She is an international speaker, workshop leader, and the president of Higher Power Productions.

"The Imprint Journey: A Path of Lasting Transformation into Your Authentic Self" (ISBN 9781615990887, Life Scripts Press, 2011) can be purchased through local and online bookstores. For more information, visit [www.LilianeDesjardins.com](http://www.LilianeDesjardins.com). Review copies available upon request. Liliane Desjardins is available for interviews and workshops.

Contact: Liliane Desjardins, [liliane@lilianedesjardins.com](mailto:liliane@lilianedesjardins.com)  
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