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Reboot your life

New book from local healer 'JT'

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Reporter Correspondent

During every part of the journey, you are consciously or unconsciously deciding the theater of your life, says John Traficante. Hobokenite John "JT" Traficante, who has worked as a psychic in the past, wants to teach you how to live your best life. His first book, "A Total Reboot From the Soul to the Surface," published this fall by Mill City Press, Inc., has information for everyone.

JT has over 20 years experience as a healer and motivational speaker. He has taken that wealth of knowledge and encapsulated it into an easily readable guide. It is a template for anyone looking for a truer, more authentic way of living.

The book, which began as journal writings and developed over the course of two years, is broken up into chapters that discuss life-altering principles for experiencing a healthier, more positive way of being.

Its fundamental message is one of love, hope and faith, which he says that all things are possible: "Use my desire with faith and love to take hope into your heart, to manifest your dreams, and your entire existence here will be heavenly. Know this to be true and it will be so."

Yet the book isn't just a tribute to those qualities; it is a map that explains how to live a better life.

Following one's passion

"I started writing in a journal," said Traficante recently. "Fortuitously it happened because I followed my passion. It's been an amazing ride."

JT tells readers that they too can find their passion and discover the true reason they were put on the planet.

"Find your essence and live the dream of an abundantly joy-filled life. Love will help you create the strength to overcome the fears and blockages that are within."

In order to create what we want from life, JT says that one must "reboot" in order to clear away old habits tied to your old personality and begin anew.

In the chapter titled "Theater of the self, seasons of life" he describes the necessity of balance during all seasons of life whether there is joy or grief.

He says that every personal script we create is born from the motivation of love or fear. — the kingdom of spirit or the kingdom of ego. Even when things seem to be going wrong, he says that it is important to open your heart and not allow yourself to take on the role of the victim: "Even if by chance you have been the victim, choose not to be, chose the victor's role... If you step out of spirit and into ego, you may need to correct the energy and reboot your mind."

At the end of each chapter, JT has positive mantras to repeat so a person can practice positive thoughts to help design a better way of being.

An authentic voice

Anyone who has had the good fortune of meeting Traficante in person or been counseled by him has experienced his positive energy. Yet even those who haven't can experience some of that through the book, which feels like a conversation.

"What I've heard from people who e-mailed me is that they hear my voice [in the book]," he said.

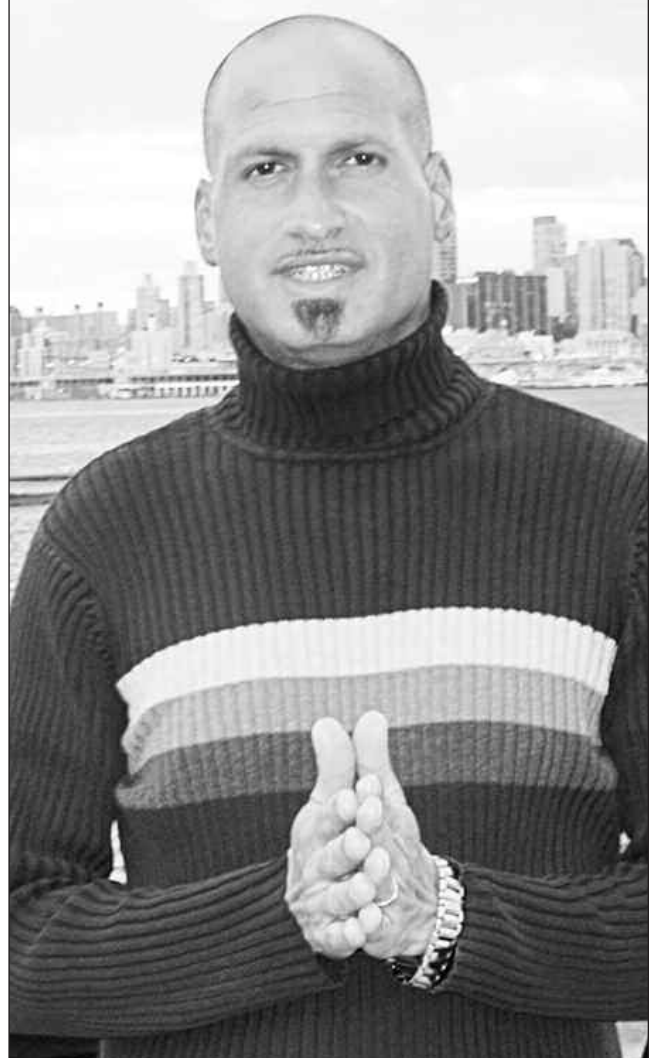
He added, "Having this book, I feel like I have this platform for helping people do the work. That's what I feel is the gift to anyone who will read it and improve their life."

The book is arranged simply and has chapters for every season in one's life such as: thoughts, awareness, balance, love, fear, grief, death, depression, compromise, freedom, among others.

Through it all, he uses clear language to illustrate how emotions or experiences can throw someone off balance and the steps needed to get back on track.

"I've made it simple. I didn't feel the need to inundate people with data," he said. "It is straight and to the point where you can dissolve the ego."

LOCAL AUTHOR



Hobokenite John "JT" Traficante's first book "A Total Reboot From the Soul to the Surface" is a guidebook designed to help one become more aware in order to live a joy-filled life. For more information, visit: www.rebootmylife.com.

Let your light shine

When one is truly present and operating from the kingdom spirit then the result is a radiant and healthy human being. In the chapter titled "presence" JT talks about how being aware allows us to live life fully.

"Eating right, exercising and pampering yourself will result in a being healthy not only physically but spiritually, mentally and emotionally."

He says when one is connected to their spirit you can reach your higher self and with that you can help other people.

"I guess what drives me is my ability to see through people," he said. "I'm able to stimulate and motivate people and their light gets brighter."

In the book, he describes the need to trust the process.

"Stay in the light, align yourself every moment, keep up with the flow of energy, and live a life full of radiance and perfect self expression."

But whatever message readers choose to take away from the book, he says that we could all keep giving light and love to each other.

"When you depart this planet you want to be able to say, 'I did my best, I loved a lot, and I enjoyed my life,'" he said. "It is like living heaven on earth." □

"A Total Reboot From the Soul to the Surface" is available at Amazon. For more information, visit: www.rebootmylife.com.

A NEW YOU



John "JT" Traficante's new book is a self-help guide that helps one uncover their true purpose and higher self. The book is available at Amazon.