

Dr. Rimaletta Ray



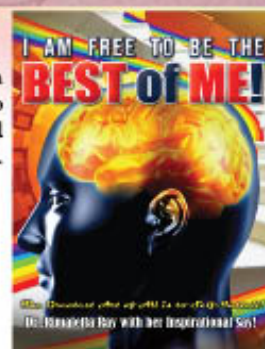
"In My Life Quest, I'm the Best!"
(Inspirational Psychology for Self-Ecology)

Dr. Rimaletta Ray, a college professor of Psycholinguistics, originally from Riga, Latvia, is known for her life's mission to help young people self-excel and be language-fit to succeed, both through her speaking and teaching engagements, and, of course, through her rich writing oeuvre. Focusing on her system of Self-Resurrection, Dr. Ray manages to put psychology and language in sync, inspiring the readers for self-creation with a blueprint in the mind and, thus, promoting the idea of her favorite psychologist Leo Vygotsky"

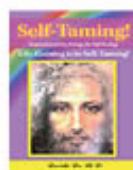
"Do not teach just the subject, teach the whole person."

One of her inspirational books on self-creation has left a massive imprint in the self-growth genre, and that book is none other than *"I Am Free To Be The Best of Me!"* The book is meant to wake up a reader's self-awareness and back up his / her self-love and self-confidence to go beyond the boundaries of the possible into the technologically expanding horizons of the impossible.

The Holistic Self-Actualization Pyramid / Books, featuring these stages:



As an initial part of Dr. Ray's series of five books on the *Holistic Paradigm of Self-Resurrection*, presented by the author in five philosophic dimensions, the book *"I'm Free to Be the Best of Me!"* features the first, physical level of self-creation. The other titles include "Soul Refining" (*emotional level*), "Living Intelligence, or the Art of Becoming" (*mental level*), "Self-Taming" (*spiritual level*), and "Beyond the Terrestrial" (*universal level*). The book, featuring our technologically enhanced mental dimension "Living Intelligence or the Art of Becoming" won the *Global Excellence Book Award in March, 2020*.



Demonstrating how self-growth is multi-dimensional, *I Am Free To Be The Best of Me!* consequentially outlines the self-growth stages as *Self-Awareness*, *Self-Monitoring*, *Self-Installation*, and *Self-Realization*, allowing the readers to begin their journey towards *Self-Salvation*, which advances as they read through the series, crowned with the teachings laid out in the book "Beyond the Terrestrial" (*the universal level*)

"There is no system without the structure."

Interestingly, the holistic system of self-growth, laid out in *"I'm Free to Be the Best of Me!"* presents the fractal formation of an "intellectually spiritualized" human being as the matrix of a personality formation, governed by new, objectively perceived scientific knowledge and backed up by our exponentially growing technology in five levels - *Self-Awareness (body)*; *Self-Monitoring (spirit)*; *Self-Installation (mind)*; *Self-Realization (self-consciousness)*; *Self-Salvation (Universal Consciousness)*.

Body + Spirit + Mind + Self-Consciousness + Universal Consciousness.

"I Am Free to Be the Best of Me!" is a very technologically friendly book, a true MANUAL OF LIFE, suggesting the readers upload their smart phones with the rhyming mind-sets that resonate with them most and thus, creating the *Inspirational Psychology for Self-Ecology* at hand of a great educational value.

To learn more about Dr. Rimaletta Ray's system, please visit www.language-fitness.com.

Check out the video on five books in the section *Self-Resurrection*.