



Mary Ann has lived a diverse life spending years in both the corporate world as well as the world of ashrams. She has lived throughout the U.S. as well as in Europe and India where she studied Eastern spirituality. Mary Ann has been trained extensively in the Human Design System. Her greatest joy is to support those who want to enter into their own experiment. As a current contributor to Jovian Archive Radio ([www.jovianarchive.com](http://www.jovianarchive.com)), she shares her insights in the weekly segment "Spontaneous Somethings with Mary Ann". She is currently enjoying Ibiza, Spain with her husband, Michael. Mary Ann's website is: [www.key-to-you.com](http://www.key-to-you.com)

This book is for those of you who have been touched in some way by the Human Design System. Simple techniques for making decisions, called Strategy, are at the core of Human Design. In a reading, you are given your unique strategy as well as your inner authority. Experimenting with this information has the potential to transform your life.

In the mid-nineties, Mary Ann Winiger began her experiment based purely on her Strategy as a Generator. She was shocked to discover that something so simple could end up turning her whole world upside-down. "**A Revolution of One**" is Mary Ann's story of how she stopped going towards things and waited for life to come to her. It is filled with pain and fear, wonder and delight, shattering and rebirth all of which ultimately becomes a powerful life force energy, which expresses itself as Joy.

"Waiting was the most difficult thing I have ever attempted in my life. All my energy wanted to go out and make something happen. I had to be very rigid those first six months otherwise I would never have moved beyond the ingrained conditioned patterns of behavior that ran my life. I would never have discovered my true self."

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REVOLUTION  
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AN INTIMATE STORY OF A GENERATOR



Mary Ann Winiger