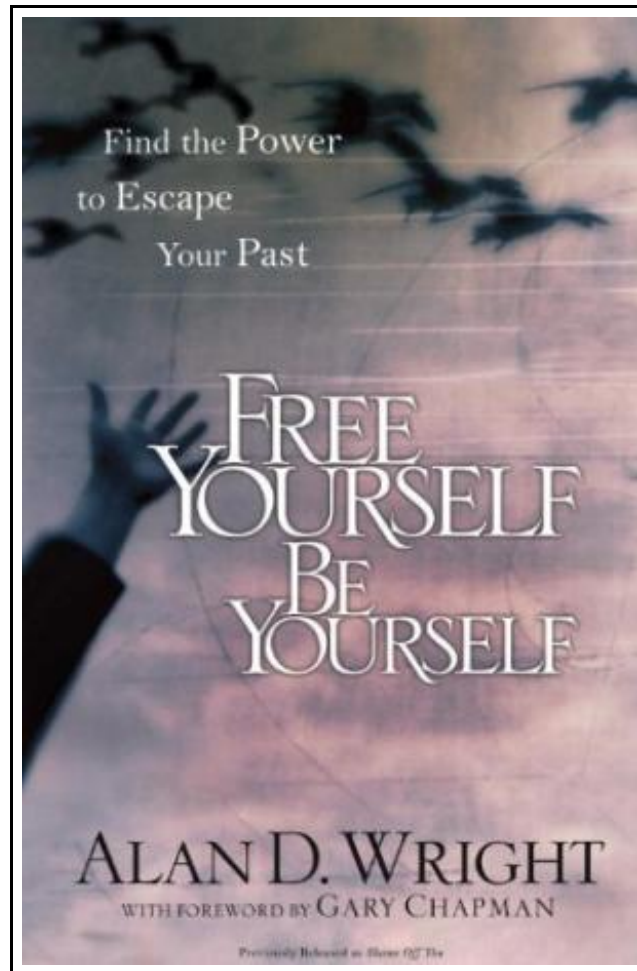


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FREE YOURSELF BE YOURSELF: FIND THE POWER TO ESCAPE YOUR PAST



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Multnomah Press. Paperback. Book Condition: new. BRAND NEW, Free Yourself be Yourself: Find the Power to Escape Your Past, Alan D. Wright, ISN'T IT TIME YOU SHED PERFORMANCE-BASED LIVING? When Alas Wright's childhood family collapsed, he took the blame. As a wounded fourth grader, Alan secretly wondered, "What's wrong with me? How can I become loveable again? "Unconsciously, he made the most devastating--and common--of vows: "I'll do whatever it takes to be loved." Excelling in sports, earning straight A's, and well-liked by everyone--except himself--Alan had made a childhood commitment to performance-based living, which led to a series of grown-up problems. Hyper-sensitivity: Why am I so bothered by every criticism? Self-Doubt: Why do I always question my abilities and motives? People pleasing: Why do I have a hard time saying no or facing conflict? Fear of failure: Why do I feel like I have to be perfect? Self-sabotage: Why can't I celebrate my gifts and accept God's blessings? Laugh, cry, struggle, relate, and be set free as Alan Wright invites you to discover his simple solution--how to re.



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