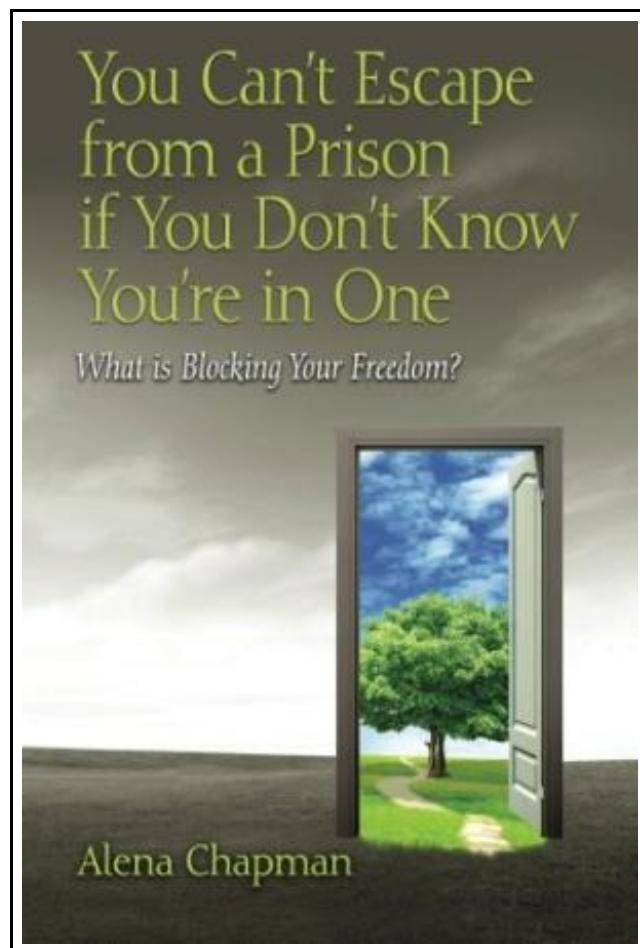


You Can't Escape from a Prison If You Don't Know You're in One: What Is Blocking Your Freedom?



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Reviews

The book is great and fantastic. It is written in straightforward words and phrases rather than difficult to understand. You won't really feel monotony at any time of your respective time (that's what catalogues are for regarding should you question me).

(Payton Miller)

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Createspace, United States, 2014. Paperback. Book Condition: New. 230 x 153 mm. Language: English . Brand New Book ***** Print on Demand *****.Embark on a Journey to a Vibrant New Life Filled with Strength, Courage and Passion! Discard the heaviness of your past and move towards a lighter uplifting life Are you ready to take a moment and get in touch with how you really feel about your life? Often when people are feeling unhappy and empty they overload themselves with activity that leads to a state of feeling emotionally numb. If your job, life and relationships feel like a routine of drudgery-you are living in a prison. However, recognizing these feelings is the first step towards a newfound awareness that can set you free. In her new book, You Can t Escape from a Prison if You Don t Know You re In One, Alena Chapman takes you through life-changing exercises that enable you to burst out of your prison and explode into a dynamic new life filled with abundance, joy and purpose. Start by saying, Enough is enough and commit to freedom and happiness As you read through, You Can t Escape from a Prison if You Don t Know You re In One, you ll come to the healthy realization that it s Ok to give yourself permission to say, Enough is enough, I want to change. If you do this, Alena Chapman will guide you along a new path that leads to self-discovery and certainty that you are capable of wonderful things. You ll learn through inspiring: Step-by-step exercises that build unstoppable momentum Affirmations that change your thought patterns for the better Lessons and quotes that excite and energize your mindset Praise for You Can t Escape from a Prison If You Don t Know You...

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