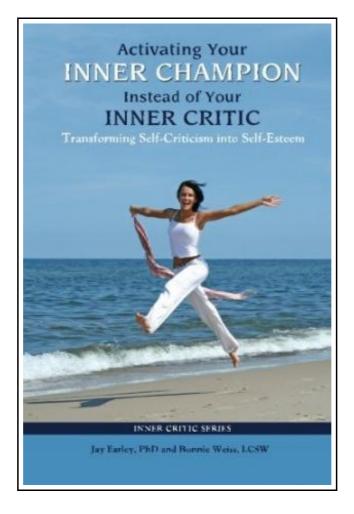
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# ACTIVATING YOUR INNER CHAMPION INSTEAD OF YOUR INNER CRITIC



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Pattern System Books. Paperback. Book Condition: New. Paperback. 122 pages. Dimensions: 8.9in. x 5.9in. x 0.4in.Do you struggle with bouts of depression and low self-esteem Do you feel ashamed, guilty, or hopeless at times Many of us go through periods of believing there is something inherently wrong with us. This book will show you that your low self-esteem isnt really valid. It comes from attacks by your Inner Critic. This part of you is responsible for your feelings of worthlessness. When you feel ashamed, hopeless, inadequate, or just plain awful about yourself, its because your Inner Critic is attacking you. It has a variety of methods, but most commonly, it works by hammering you with negative messages about your self-worth. The Inner Critic judges you, demeans you, and tells you who you should be. It undermines your self-confidence and makes you feel bad about yourself. Since this is one of the most difficult and tenacious issues that people face, we have collaborated on a serious study of how to work with and transform your Inner Critic. Our core understanding is that self-esteem is your birthright. You deserve to feel good about yourself without having to earn it. However, weve all had the experience of feeling bad about ourselves. Think of those times when you felt down and believed that you were worthless, stupid, incompetent, and so on. That wasnt the truth about you--it was a message from your Inner Critic. We have identified seven types of Inner Critics. Each one judges you about something different. One judges you for not being perfect. Another makes you feel guilty. A third undermines your sense of confidence. Most people dont just have one Critic but several. Activating Your Inner Champion will help you identify which types of Critic are problems for you, how...



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