



## Activating Your Inner Champion Instead of Your Inner Critic

By Jay Earley PhD

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 isn't 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, it's 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, we've all...



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