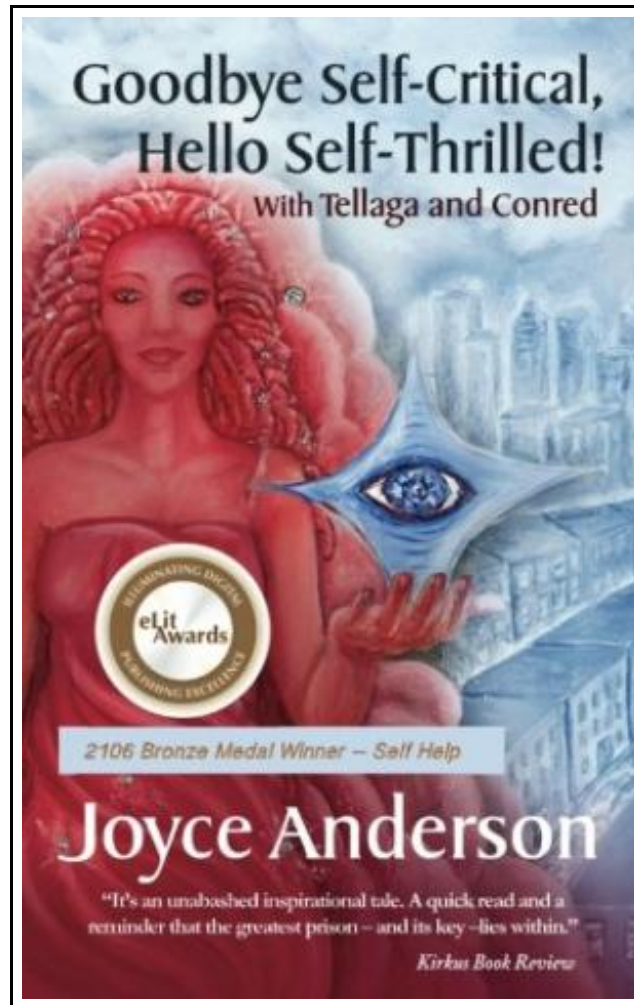


## Goodbye Self-Critical, Hello Self-Thrilled! with Tellaga and Conred



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## GOODBYE SELF-CRITICAL, HELLO SELF-THRILLED! WITH TELLAGA AND CONRED



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Conversations with Yourself, United States, 2010. Paperback. Book Condition: New. Liz Gill Neilson (illustrator). 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Stop that self-critical chatter and find that unique part of you that is thrilled to be here doing what you are meant to do. Goodbye Self-Critical, Hello Self-Thrilled! with Tellaga and Conred weaves a charming modern-day fable of new archetypal characters in real-life situations that help you discover your unique talent while slowly dissolving self-criticism. Agatha, the young protagonist, enters this world radiating with delight in her exuberant unique self. Then it all changes. Through Agatha's story, she wants to heal her damaged spirit from a learning disability, hurt, obesity, and the challenges of her marriage and motherhood. Tellaga shows her how. These new marvelous characters are presented with humor, sharp observation and compassion using real-life situations to help you discover your unique talent and slowly dissolve self-criticism. The illustrated characters drawn by the talented Liz Gill Neilson represent the struggles between life's two opposing forces and are fascinating and entertaining teachers. Some new archetypes you will meet are: Conred: The King of Comparison Conred's Soldiers: Better/Than Less/Than Coates: Talent Hider Syd: Identity Sabotager Tellaga: The Answer These characters represent those conversations in our head that criticize our unique self, dull us, and stop us from doing what we are designed to do; and some who can help reverse it all and show us how to become self-thrilled. A Great Teaching Guide Goodbye Self-Critical, Hello Self-Thrilled with Tellaga and Conred offers tools to help you stop self-comparing and self-criticizing, realize your unique talent, and then step into self-thrilled action. Also, this is a great teaching tool for older students to learn how to quit comparing for self-worth and in turn...



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