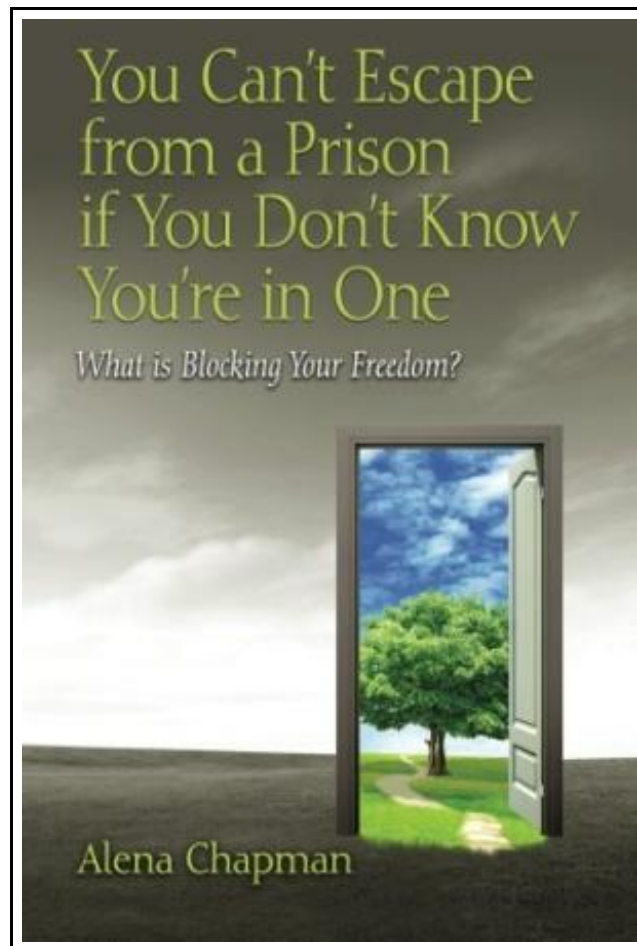


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Createspace, United States, 2014. Paperback. Book Condition: New. 230 x 153 mm. Language: English . Brand New Book ***** Print on Demand *****.Embark on a Journey to a Vibrant New Life Filled with Strength, Courage and Passion! Discard the heaviness 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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