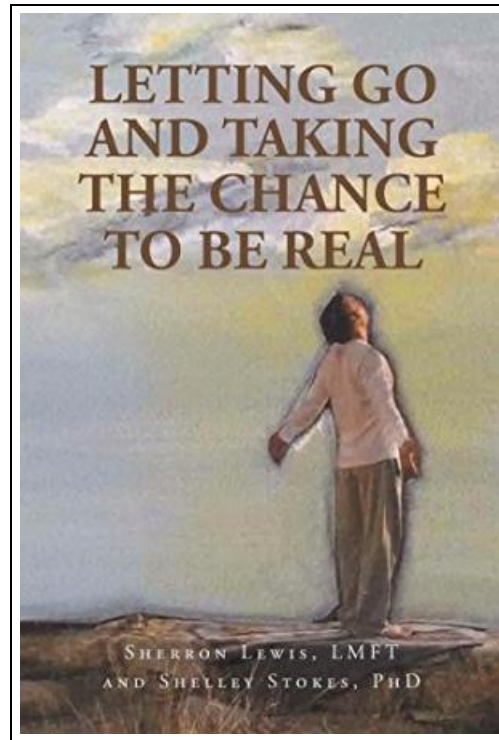


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LETTING GO AND TAKING THE CHANCE TO BE REAL (PAPERBACK)



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Page Publishing, Inc., 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Who are we really? The image we have of our self is derived largely from our experiences of who we are, from who we would like to be, and from who we are told we are by others. It is a sense that changes over the years that begins to develop in early childhood and grows (or is stunted) through experimenting and testing in early relationships and later relationships in life, composed of various images which we strive to integrate over time. It is that core someone who we often may suppress for fear of ridicule, or loss of support, or fear of failure. Lack of active support for us to express our real-self , especially in our early years, often leads us, as adults, to feeling unsatisfied, frustrated, and neglected--trying so hard to be all things to all people, doing what is expected or required and no longer being sure what is personally meaningful. And we fail to realize that expressing our real feelings and needs is not the same as being narcissistically entitled. Thus, expressing the real self takes courage and requires a healthy sense of self-esteem, self-efficacy, and agency, and involves capacities for closeness, intimacy, creativity, self-soothing, and repair. Many of us are afraid to take the chance. That is why this book was written. Letting Go and Taking the Chance to be Real is about the processes involved in becoming real again or perhaps for the first time. Sherron Lewis, LMFT and Shelley Stokes, Ph.D. Sherron Lewis LMFT and Shelley Stokes Ph.D. have accomplished what few other authors have, namely, they have written a book that is at once both profoundly practical and, at the same time, firmly...



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