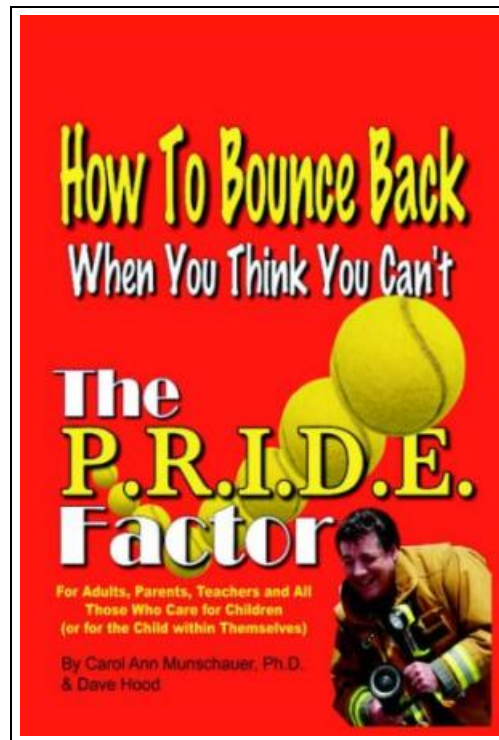


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THE P.R.I.D.E. FACTOR: HOW TO BOUNCE BACK WHEN YOU THINK YOU CAN T (HARDBACK)



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AUTHORHOUSE, United States, 2004. Hardback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Here s What The Experts Are Saying About The P.R.I.D.E. Factor This book has helped me make great strides in the problem I have had with my need for perfection. I was always accommodating to the needs of others and, as a result, I suffered undue stress, shame and anxiety whenever I disappointed anyone. Reading the cases in the book, and learning the principles of the P.R.I.D.E. Factor, released me from the curse of always feeling bad about myself whenever I followed my own ideas. It gave me the emotional independence I needed to be my True Self. My step is lighter and I am not so hard on myself. People close to me can see the difference. Christian Phoenix Special Education Teacher The P.R.I.D.E. Factor offers the reader a chance to become free of the bondage associated with pain hurt and suffering. I have seen, first hand, in my work as a priest, counselor and law enforcement chaplain that the principles of this book work. I have been deep in the pit of Ground Zero. I have been steeped in the fear and terror of Emergency Rooms. I have often been called to people s homes to intervene in a crisis such as trying to prevent a potential suicide, helping a family bear some unbearable grief, or trying to move them through some other emotional pain from which they could picture no light at the end of their dark tunnel. The tools I learned in this book gave me new ways of healing to add to my armamentarium, especially in dealing with people s shame and guilt. One of the most vivid examples emblazoned in my memory is having been able to...



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