



# Past Life DNA: An Incredible Journey from Anger to Forgiveness (Paperback)

By Julia Thornbrough

Balboa Press, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. To BREAK the CYCLE. . . Love Yourself First Whenever asked, Katie Lizowski had always said, Sure, I love myself. In her naivete she assumed that had made it so. But the challenge of loving herself was not that simple. To love herself required trust in the unknown, honoring her feelings in the face of intimidation, and surrendering her ego. And what had Katie done the better part of her life? Caved in to what she had really wanted to pursue and kept quiet about her true feelings and opinions. And why had she done that? It would keep the peace and make everyone happy. Or so she thought. But in its wake, she had built up colossal layers of anger and resentment. Now ask yourself this? Do you have goals you ve dismissed because of fear of the unknown or from another s intimidation? Do you have feelings and opinions about something no one else knows about but you? And those feelings and experiences get replayed over and over in your mind? Is your life stuck in neutral? Julia Thornbrough...



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