



You Can t Escape from a Prison If You Don t Know You re in One: What Is Blocking Your Freedom? (Paperback)

By Alena Chapman

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...



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