

let your true self shine

This is an expertly-devised self-help guide. It was designed by an experienced and highly effective Clinical Psychologist for a specific purpose: to provide support, information and the means for people who want to improve their self esteem, reduce the experience of stress, and break free from the influences of the past.

Readers can gain an understanding of how negative beliefs are formed in childhood, and how they are maintained. The reader is helped to recognise the enduring, but often unconscious, negative beliefs that damage their self-esteem and confidence - and most importantly, how to overcome those influences.

Applying the psychological knowledge contained within this book can empower you to regain your birthright to feel good about yourself, and **let your true self SHINE!**

"Having read many self-help books, this would rank among the best! I couldn't put it down... I read it in one sitting!"

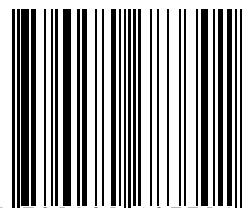
J. Thorpe, Perth WA

"The short book, 'Let your true self shine' has been a true revelation into my behaviour, feelings and thoughts formed from childhood and carried through to my adulthood.

*I feel confident after reading and understanding this easy to follow explanation that I can move forward and truly love myself for who I am.
Thank you, Mercurio."*

David, successful business owner and father

ISBN 978-0-9806833-0-1



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