

I Shall Wear Purple: A Self Help Book with a Difference



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Reviews

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(Dr. Porter Mitchell)

I SHALL WEAR PURPLE: A SELF HELP BOOK WITH A DIFFERENCE



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Createspace, United States, 2012. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.I want to buy that bubble gum I had as a kid, you remember the large pink stuff that cost about a penny. You could blow the most amazing bubbles, which almost covered your face. I want to stand in the middle of Asda and blow the largest bubble ever! What stops me? I am a 53 year-old mother of three, a grandmother of eight. I am a counsellor, a daughter, a sister, and a friend. It is not what I am supposed to do. It is not how others would expect me to behave. So do I live my life as I believe others want me to or do I stand in Asda and blow bubbles? That is what this book is about, it is a journey through our lives to look at what has changed us from being who we really want to be, who we really are. It helps us to understand the beliefs that we adapt, the feelings that we hide and the thoughts that effect the way we feel, how we behave and that we also feel unable to express It will demonstrate how we become the people that we think other people want us to be losing a sense of who we really are in the process. Many self help books will promise you success, wealth, love or many wonderful things, if you just read the book. I find this difficult to understand, as human psychopathology is a very complex subject. Emotional intelligence and emotional growth is a life long journey, so I can not promise you this. What I can promise you though is a tool to help you on that...



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