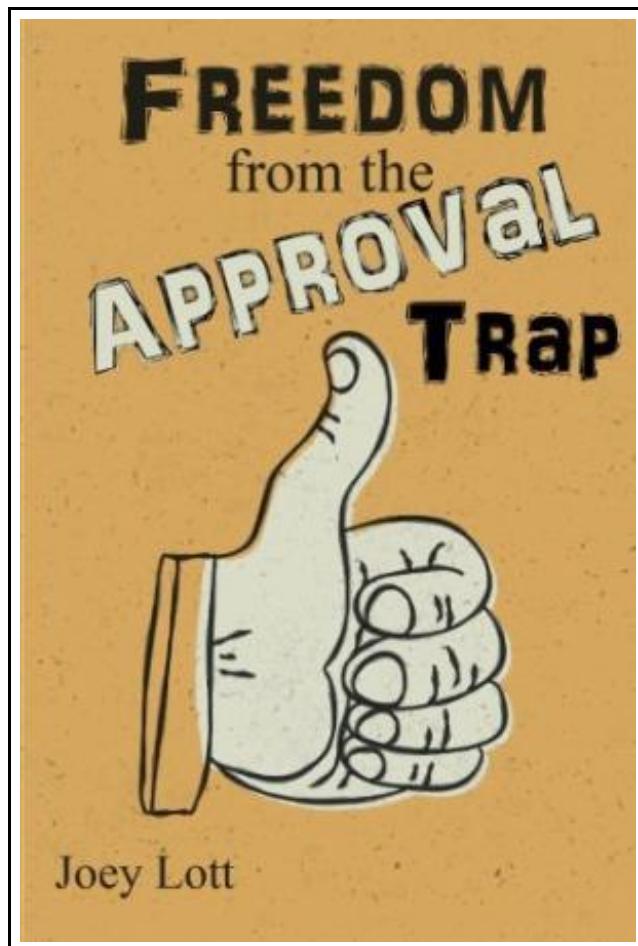


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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Are you constantly worrying about approval? Do you find yourself worrying endlessly about what other people think of you? Are you always desperately trying to please your boss, your parents or your partner? Do you even lose sleep over what strangers think of you? You are not alone! Millions of us fret ourselves witless, all snared within the approval trap alike. The approval trap can be crippling. The craving for approval is insatiable. In fact, the more you feed it, the bigger it becomes. So, what can we do about it? Stop! How much time do you waste chasing approval? Imagine what it would be like if you could just stop! If you could just focus on the moment, exist purely in the present, and stop chasing approval like a dog habitually chasing cars. Think of all the time you'd get back for yourself, wouldn't it be wonderful? Well here's the good news: you can stop; we can all stop! And Joey Lott can show us how. Freedom In Freedom from the Approval Trap Lott shares his extensive personal experiences of both being caught in the trap, trying several unsuccessful strategies to get out, and then finally making his escape. Through his honest and detailed insight we learn exactly how we can follow in his footsteps and free ourselves from the fear, pressure, anxiety, anger and discomfort that the constant need for approval brings. He shows us how our own freedom is ever-present, and explains that all we need to do to find it is to let go. It's that simple. So simple in fact that it won't cost you anything. So simple...

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