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I m Ok - And All the Other Bullsh#t We Keep Telling Ourselves and Others: An Uncensored Approach on How to Stop Hiding Our Unhappiness and Deal with Life and Ourselves in a

By Simeon Lindstrom

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. This is NOT a self-help book.

Here, you will not find any quick tips and tricks on how to live a fabulous life free of suffering or fear or confusion. The approach I outline here goes against most of the popular ways to tackle depression, anxiety or general malaise. But it is an approach that allowed me to dig deep into my own authenticity, be honest with myself and start to make real, lasting changes in my life. I was petrified to really put myself out there, to look at myself as I was, without any bullshit. But then I realized that the pain of living inauthentically was greater than the pain of taking a risk and being myself. This book is about one thing: authenticity. When two people encounter each other and interact through their masks, they never really get the opportunity to connect with authenticity. Only the masks engage, while the real people underneath might as well have never met. The one thing that could have been a genuine relief and source of joy for them -...



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Reviews

These types of publication is the greatest publication available. It really is filled with knowledge and wisdom Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Prof. Lenna Beatty III

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