



# Who Do You Think You Are?: Change Your Mind-Change Your Life

*Shirley H. Wells*

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## **Who Do You Think You Are?: Change Your Mind-Change Your Life** Shirley H. Wells

As we adapt to the complex world surrounding us, we are constantly bombarded with both negative and positive concepts about who we are supposed to be. The most negative messages of all come from within our own thought patterns which were programmed in our early years. Parents, siblings, teachers, family and friends all help to create our vision of who we are and who we may become. This book examines the harmful messages that our own inner voice contributes to our self doubt and fear about success, happiness and love. Most importantly, this book provides strategies to suppress that defeatist voice and points the way towards a more successful and happy life. If you have ever felt "not good enough" this book is for you.

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