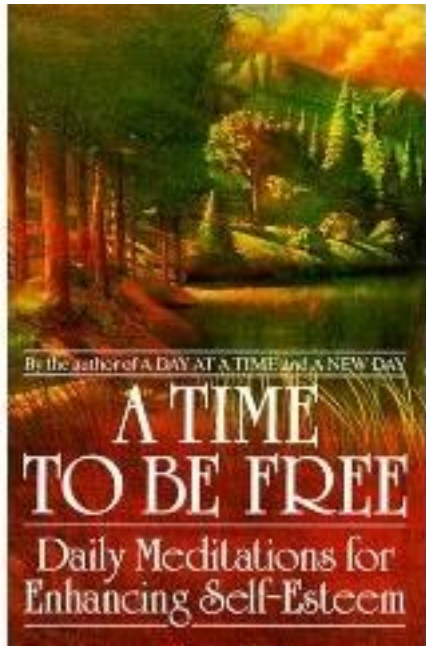


A time to be free



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To attain inner peace, to overcome addiction, to move beyond the corrosive effects of fear, guilt, and anger, you need a strong sense of self-esteem. A Time To Be Free, by the author of A Day At A Time and A New Day, examines the issues that must be addressed and the steps that can be taken to help you realize your own self-worth. Here are 365 meditations, divided into weekly themes, such as breaking the chains of anger and guilt, tools for self-discovery, living in the present, courage, letting go, and making choices, as well as affirmations that put into words the resolutions that will lead you to health and wholeness. A Time To Be Free is an inspiring daily guide for anyone who desires greater confidence and healthy self-love.

From the Publisher

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