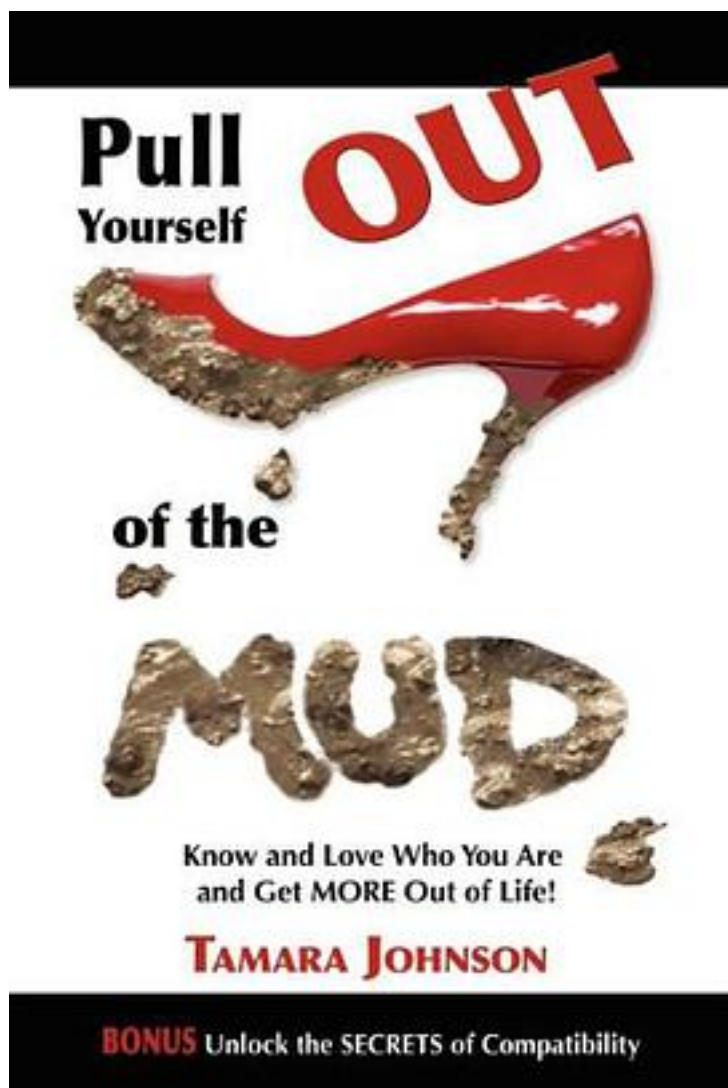


# Pull Yourself Out of the Mud



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Pull Yourself Out of the Mud is the definitive guide to helping women understand how they came to inherit patterns of belief and relating that limit their potential. In this inspiring work, Tamara Johnson shares the wisdom, caring and warmth that has assisted hundreds of women in uncovering their best potential by teaching them how to know themselves and how to love and nurture the self that they come to know. It is truly an empowering process. Now the wisdom and understanding that has only been available to her private clients is available to every woman with the desire to overcome the hurdles that provide limitations in her life. Walk with Tamara on a journey where you will learn that self-discovery and healing are fulfilling and rewarding undertakings.

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