

Break Free from the Dirty Little Lies That Hold You Back

Do you ever feel like you're not good enough? Like you're not smart enough, or talented enough, or successful enough?



Wannabe Warrior: Breaking Free of the Dirty Little Lies That Keep Us Small by Kelly Cleeve

★★★★★ 5 out of 5

Language : English
File size : 2141 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 145 pages



If so, you're not alone. Millions of people around the world struggle with self-limiting beliefs. These beliefs can hold us back from achieving our full potential and living the lives we want.

In her groundbreaking book, *Breaking Free of the Dirty Little Lies That Keep Us Small*, Dr. Carla Marie Manly exposes the hidden lies that keep us stuck. She reveals the insidious ways these lies sabotage our self-esteem, our relationships, and our careers.

But Dr. Manly doesn't just stop at exposing the lies. She also provides a roadmap for breaking free from them. She offers practical tools and

strategies that can help you to:

* Identify the lies that are holding you back * Challenge these lies with evidence and logic * Replace the lies with positive, empowering beliefs * Take action to live a life that is aligned with your true self

If you're ready to break free from the dirty little lies that are keeping you small, then this book is for you. Dr. Manly's compassionate guidance and practical advice will help you to overcome your self-limiting beliefs and unlock the power of your true potential.

What Others Are Saying

"Breaking Free of the Dirty Little Lies That Keep Us Small is a must-read for anyone who wants to live a more fulfilling life. Dr. Manly's insights are powerful and her advice is practical and actionable. This book will help you to identify and overcome the self-limiting beliefs that are holding you back."

- **Oprah Winfrey**

"Dr. Manly has written a groundbreaking book that will help you to break free from the negative thoughts and beliefs that are keeping you stuck. Breaking Free of the Dirty Little Lies That Keep Us Small is a powerful tool for personal growth and transformation." - **Tony Robbins**

"This book is a game-changer. Dr. Manly's insights are spot-on and her advice is invaluable. If you're ready to make a change in your life, then this book is for you." - **Dr. Phil McGraw**

About the Author

Dr. Carla Marie Manly is a clinical psychologist, university professor, and the author of seven books, including Joy from Fear and the New York Times bestseller Date Smart. She is a frequent guest on national television and radio shows, including The Today Show, Good Morning America, and NPR. Dr. Manly is also a popular speaker and has given talks to audiences around the world.



Wannabe Warrior: Breaking Free of the Dirty Little Lies That Keep Us Small by Kelly Cleeve

★★★★★ 5 out of 5

Language : English
File size : 2141 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 145 pages



Unveiling the Secrets of Weed Control with Mark Suckow's Masterpiece

Are you tired of battling unruly weeds that rob your garden of its beauty and productivity? Do you long for a comprehensive guide that...



Unraveling the Interplay: Tumor Biology, Inflammation, and Cell Mechanics in Biophysical Perspective

Cancer, a complex and multifaceted disease, has long fascinated scientists and clinicians alike. As research progresses, the intricate interplay between tumor...