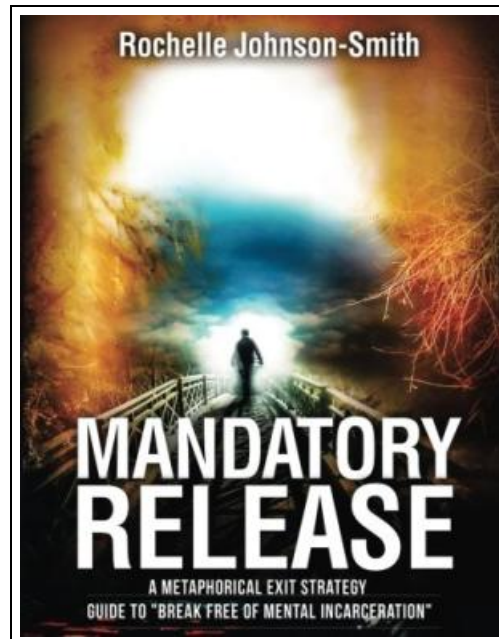


Mandatory Release: A Metaphorical Exit Strategy Guide to Break Free of Mental Incarceration. (Paperback)



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Reviews



Very good eBook and valuable one. Better then never, though i am quite late in start reading this one. I am very easily could possibly get a satisfaction of reading through a created publication.

(Brienne Heidenreich)

MANDATORY RELEASE: A METAPHORICAL EXIT STRATEGY GUIDE TO BREAK FREE OF MENTAL INCARCERATION. (PAPERBACK)



Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Large Print. Language: English . Brand New Book ***** Print on Demand *****.Mandatory Release- A metaphorical exit strategy guide to Break FREE of mental incarceration. . These metaphorical surrender strategies to be Released uncover the substance that is held in the prison walls of the mind. Ephesians 4:23 Understanding that it all in the mind, Unconfronted hurt, Confusion, doubt, worry, depression, identity crisis and feelings of condemnation are signs of Emotional Imprisonment. Author Rochelle Johnson-Smith have been studying the mind for decades in pursuit to analyze the mind and its functions good and bad. In TRUTH she shared her trials, tragedies and victories in her life in this series she sharing the steps that untimely led to her life- transforming TRUTH. In a quest to recognize how to reprogram her mind. She quickly learned that the mind is a storehouse of all sort of perverse thoughts gained from life experiences, recorded information and environmental influences. When there is negativity in your space you somehow become succumbed to those beliefs subconsciously placing yourself in a Emotional Prison - When you identify with the painful memories, trauma, feelings and hurt and act out accordingly is sentencing yourself to a long prison term. Being in emotional prison makes embracing gratitude virtually impossible. Are you going to stay in prison or make parole? Author Rochelle s goal is to help you acknowledge where the imprisonment begun and break down the walls to be free! Being free starts with self-examination and grasping the present TRUTH to become aware of your reality. Through self-observation you can use And to be renewed in the spirit of your minds.

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