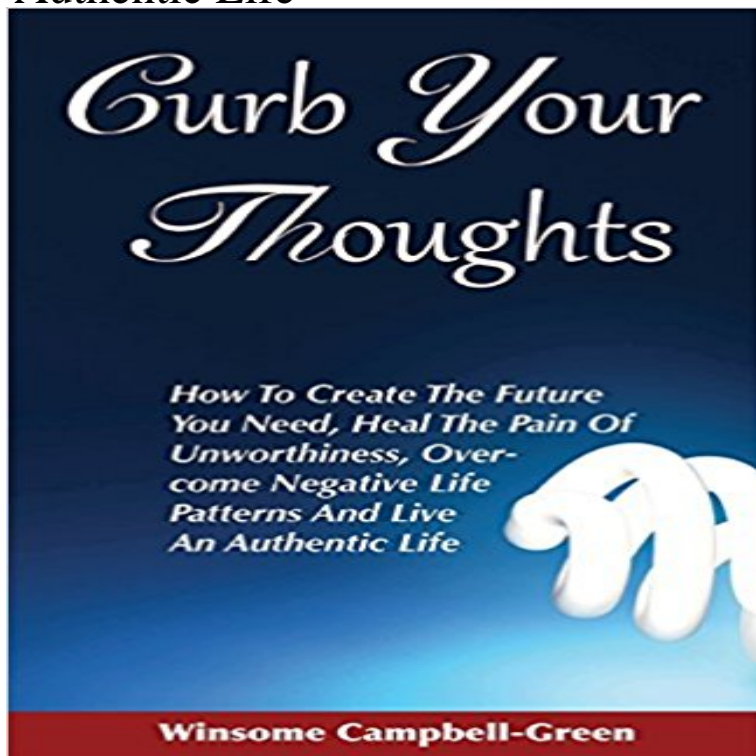


## Curb Your Thoughts: How To Create The Future You Need, Heal The Pain Of Unworthiness, Overcome Negative Life Patterns And Live An Authentic Life



Curb Your Thoughts: How To Create The Future You Need, Heal The Pain Of Unworthiness, Overcome Negative Life Patterns And Live An Authentic Life is the 6th book written by Winsome Campbell-Green which seeks to help women, men, boys, girls, and especially individuals who are living a life defined by fear, anxiety, powerlessness, self-pity and pain. Through the use of her iconic conversational style of writing, the author discloses some powerful tools, tips, exercises and questions to help find healing and happiness. This book drips with compassion as the author encourages the reader to curb his or her thoughts to find healing, fulfillment, happiness and success. This book is for you if you want to: Create the future you want Learn how to overcome fear, anxiety, self-pity and powerlessness Learn how to feel worthy and be enough for you Learn how to be awesome and live an authentic life Curb your expectations in relationships and successful endeavors Instill joy and happiness in your family

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