



The Lies We Tell Ourselves: How to Face the Truth, Accept Yourself, and Create a Better Life

Jon Frederickson

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Do you feel stuck in your life? Do you wonder why? Does something seem wrong, but you can't put your finger on it? In *The Lies We Tell Ourselves*, psychotherapist Jon Frederickson reveals the ways we fool ourselves and how to get unstuck.

Through dozens of stories and examples, he shows how the apparent cause of our problems is almost never the real cause. In addition, he reveals what we really fear and how to face it. In these pages you'll discover

- How to identify the lies you tell yourself
- How to face the truths you have avoided
- Why you stay with someone who isn't good for you
- How to stop saying yes when you really mean no

Although we may use falsehoods to escape pain, clinging to our fantasies actually becomes the source of greater suffering. This book shows how to create a better life by letting go of our lies and facing reality. It also demonstrates that therapy is not merely a chat; it is a relationship between two people devoted to facing the deepest truths of our lives so we can be healed.

“This book is a revelation—a gift to all who come across it. I can't recommend this book highly enough!”
—Patricia Coughlin, PhD, author of *Intensive Short-Term Dynamic Psychotherapy*

“I wholeheartedly recommend this book to everyone who wants to see what therapy is really about or who wants to increase the value of the psychotherapy they engage in or offer to others.”
—Peter Fenner, PhD, author of *Radiant Mind* and *Natural Awakening*

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William Smith:

In this era which is the greater individual or who has ability in doing something more are more important than other. Do you want to become certainly one of it? It is just simple strategy to have that. What you must do is just spending your time little but quite enough to enjoy a look at some books. On the list of books in the top record in your reading list is usually The Lies We Tell Ourselves: How to Face the Truth, Accept Yourself, and Create a Better Life. This book that is certainly qualified as The Hungry Mountains can get you closer in getting precious person. By looking upward and review this e-book you can get many advantages.

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