



# Break Free: 52 Tips to Escape From Your Self Imposed Prison

*Faith Saunders*

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# Break Free: 52 Tips to Escape From Your Self Imposed Prison

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## **Break Free: 52 Tips to Escape From Your Self Imposed Prison** Faith Saunders

Fortunately, many of us have never put a foot in a physical prison but unfortunately we live in one. I sometimes wonder which is worst. In the former case, there are physical bars preventing us from leaving. However, in the latter situation, our bars are hidden and keep us hostage because they are more challenging to identify and overcome. As a result, many of us are not living the life that we are meant to live. Our prison bars are made up of shame, self-limiting thoughts, fear, what people are going to say, self-sabotaging behaviors... the list goes on. BREAK FREE: 52 Tips to Escape from Your Self Imposed Prison is a workbook meant to challenge you to take an introspective look at your life and answer the question, "Am I being the best version of myself?" This is a rhetorical question and one only you can answer. So, without further ado, it's time to break free by removing the bars from your prison cell one at a time!

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