



Heal Your Self Esteem: Recovery from Addictive Thinking

Bryan E. Robinson

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Do you beat yourself up for what you "should" have done? Do you let fear dominate your life? Are you a victim? Are you suffering from addiction? If you answered "yes" to any of these questions, you may be suffering from addictive thinking: thinking that causes you to waste your time looking for happiness in the same places that have caused you misery your entire life. Luckily, you hold in your hands the key to breaking this pattern and healing yourself. In these pages, Dr. Bryan Robinson gives you simple processes and techniques for connecting with your higher self and achieving self-renewal, joy and serenity in your life. He calls it "The 10 Principles for Healing," and it is an innovative, positive recovery program that will help you to enrich your daily life and achieve fulfillment. Dr. Robinson will show you how to create positive life conditions for yourself, and how to empower yourself so you feel responsible for your life instead of feeling victimized by it. You will learn to radiate positive energy with your thoughts, feelings and actions, and this energy will return to enrich your life. You will even attract people and events that reflect your new positive attitude. It all happens when you "Heal Your Self-Esteem".

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