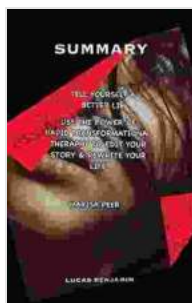


Tell Yourself Better Lie: Unlock the Power of Self-Belief and Transform Your Life

In her book Tell Yourself Better Lie, Marisa Peer argues that the stories we tell ourselves about ourselves and our lives have a profound impact on our happiness and success.



SUMMARY OF TELL YOURSELF A BETTER LIE BY MARISA PEER: Use the power of Rapid Transformational Therapy to edit your story and rewrite your life by James O'Brien

★★★★★ 5 out of 5

Language : English
File size : 1079 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 9 pages
Lending : Enabled



When we tell ourselves negative stories, we limit our potential and sabotage our relationships. But when we tell ourselves positive stories, we open ourselves up to new possibilities and create a more fulfilling life.

Peer offers a simple yet powerful technique for changing the stories we tell ourselves. She calls it the "better lie." The better lie is a story that is more positive and empowering than the story we are currently telling ourselves.

When we tell ourselves a better lie, we are not lying to ourselves. We are simply choosing to focus on the positive aspects of our situation and our potential.

The better lie can help us to:

- Increase our self-confidence
- Improve our relationships
- Achieve our goals
- Live a more fulfilling life

If you are ready to change the stories you tell yourself and transform your life, then read *Tell Yourself Better Lie*. It is a book that will change the way you think about yourself and your world.

Key Insights from Tell Yourself Better Lie

- The stories we tell ourselves about ourselves and our lives have a profound impact on our happiness and success.
- When we tell ourselves negative stories, we limit our potential and sabotage our relationships.
- When we tell ourselves positive stories, we open ourselves up to new possibilities and create a more fulfilling life.
- The better lie is a simple yet powerful technique for changing the stories we tell ourselves.
- The better lie is a story that is more positive and empowering than the story we are currently telling ourselves.

- When we tell ourselves a better lie, we are not lying to ourselves. We are simply choosing to focus on the positive aspects of our situation and our potential.
- The better lie can help us to increase our self-confidence, improve our relationships, achieve our goals, and live a more fulfilling life.

Tell Yourself Better Lie is a powerful book that can help you to change the stories you tell yourself and transform your life. It is a book that will inspire you to believe in yourself and your ability to achieve your dreams.

Buy Tell Yourself Better Lie on Amazon



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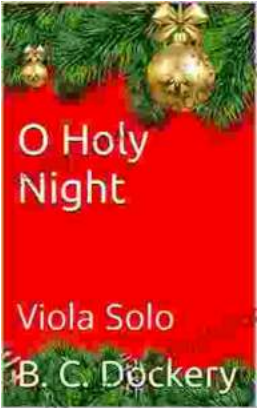
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