

Finding and Celebrating THE REAL YOU

By Sterling G Ellsworth

Dr. Sterling G Ellsworth
books and cds show you exactly
how to rediscover your
abandoned self of the past,
to love that little person inside you
so that you can once again be
who you really are.

No one has come from a
perfect family where all our feelings
were honored and revered.
Each of us in order to learn and grow
has had to live partly or
mostly in a false self while
our real self took a back seat.

In order to survive we had
to feel someone else's feelings.
Our precious, sensitive and emotional
identity-see had to be abandoned.
False identity-styles like pleaser,
rebel or caretaker emerged
leaving us detached and depressed.

When you forsake your "survival self"
you are free to feel your own feelings
and be your own inner being
and become the real you,
finding happiness and freedom.
You can have true romance and
passionate excitement in your
marriage; you can raise beautiful
children who are genuine and loving;
and you can have satisfaction
in the work you do.