

# **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.