

Finding and Celebrating

THE REAL YOU

By Sterling G. Ellsworth

Dr. Sterling Ellsworth's books and mp3 recordings 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-seed 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.