



## The Freedom of Being: Forget the opinions of others and release your authentic self

*Steven Sisler*

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# **The Freedom of Being: Forget the opinions of others and release your authentic self**

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The Freedom of Being explores every person's basic human need to be themselves. Forsaking the performance prison and releasing your authentic self is paramount for successful living. This book will help you uncover, discover, and recover your authentic self while explaining why social groups empower personal imprisonment.

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