



Giving Myself Permission: Putting Fear and Doubt in Their Place

Pennie Murray

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Can something as seemingly insignificant as a childhood playground game demonstrate how unconscious learning can impact your future success and personal dreams? Consider this: Mother, May I? Simon Says.... Red light/Green light. On the surface, these are just silly games. But their message resounds—do not act without permission; if you do, you are out! Events that seem entirely innocent in fact have the potential to mark us for life. We look for the green light from our parents, our friends, our siblings, and other significant people in our lives. We play it safe. We avoid. We dumb ourselves down. We act like we do not know what to do when, in fact, we do. *Giving Myself Permission: Putting Fear and Doubt in Their Place* is a transformative book that will help you to challenge the negative mental and emotional conditioning acquired through your life experiences and from messages imparted by others. Giving yourself permission is a prerequisite for achieving success in any area of your life. Author Pennie Murray will guide you through a process of self-empowerment that shines a light on what is really preventing you from experiencing the quality of life you desire. *Giving Myself Permission* will help to reveal how inherited weaknesses in the form of negative conditioning serve to undermine any effort towards success. Sifting through the clutter of learned inhibition and detrimental behavior to expose the real culprit behind our frustrated attempts and repeated patterns of self-sabotage, this humorous, yet frank and inspiring book provides practical ways to challenge fundamental assumptions and basic thought processes. It also offers useful exercises that will awaken you to the depth of your personal value, reconnecting you with your potential and your purpose. Addressing five emotions that frustrate and discourage our efforts towards success, *Giving Myself Permission* details three transformational shifts that will help you gain clarity and put fear and doubt in their place. Experiencing success in life, love, and purpose starts with giving yourself permission to do so. Read *Giving Myself Permission* and you will learn that your quality of life is not dictated by others, but authorized by you.

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