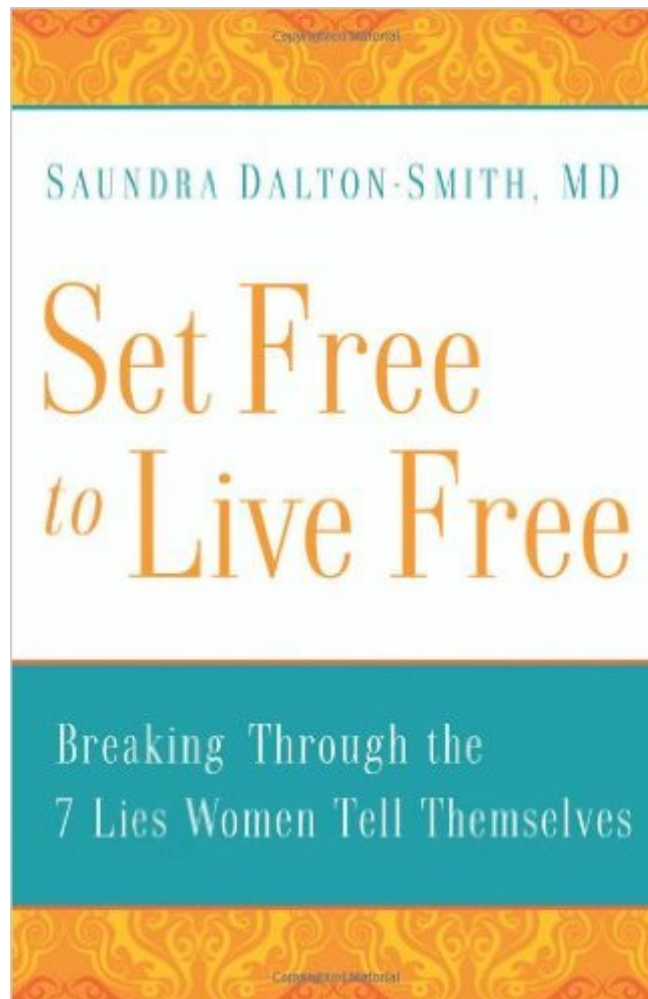


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# Set Free To Live Free: Breaking Through The 7 Lies Women Tell Themselves



## Synopsis

Imagine life with unlimited possibility, where fear, misconceptions, and insecurities don't have the power to rob you of your potential or your dreams. Many women have trouble seeing this vision because they are bound by lies that keep them from living free. In *Set Free to Live Free*, Sandra Dalton-Smith shows you how to break free from seven mental ties that hold you back and steal your joy, like striving for perfection, comparing yourself to others, and having an all-or-nothing attitude. Through compelling stories and inspirational writing, she encourages you to embrace spontaneity, be transparent, nurture your body, and cultivate a balanced life. "The author writes with the belief that God has a plan for each member of his creation and thus is ready to guide and assist through prayer and Bible study. VERDICT: The eight-week study guide makes this book a perfect choice for Christian women's groups." - Library Journal

## Book Information

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## Customer Reviews

*Set Free to live Free* By Dr Sandra Dalton-Smith I thought I knew all the negative self-talk that women indulge in and the lies we tell ourselves I had down pat. After all at age 70 it's a matter of been there done that, got the tee shirt, so what's new. Sandra Dalton-Smith's book, *Set Free to live Free* is new. In her book the author takes you behind the patient doctor screen to bring true life experiences, and shows the crippling effect these lies and myths have on the psyche. She herself, as she reveals was not immune, so this is also her story as well as yours and mine and so many countless women. So we know the score, but how do we get free. A God-given intuitive gift allows Dr Dalton-Smith to probe beneath the surface of the problems presented to dispense a prescription

based on biblical truths, facts and a ministry of encouragement that empowers the patients to replace the lies with truth. As I poured over this book, and I must warn you it is not a one-time sit down and read kind of a book, it takes time to read, study, digest and act upon the information. But as I went through the book, I had to stop and take notes, which I placed in strategic places in the book so that I could go back and reference the sections. It was sort of like doing a Bible Study and truly a great amount of truth was revealed and a lot of healing and help. I felt that I had gained victory over a number of things because they no longer were a part of my life, but as I read *Set Free to Live Free*, I found that there was still tension in some areas of my life that needed to be released if I was to truly gain the victory I deserved in life and in Christ. One such situation was in relation to emotional pain.

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