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## Unlabeled Life: How to Shred Your Labels and Reveal Your True Self! (Paperback)

By LeeAnne Mendenhall

BookBaby, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book. Who are you, really? Short. Tall. Fat. Attractive. Boring. Shy. Fun. Bossy. Inept. Clumsy. Untalented. Athletic. Ditz. Timid. Weak. Smart. Immature. Bitchy. Cold. Failure. Religious. Geek. Perfectionist. Lazy. Labels are a smokescreen. They don't tell us anything that truly matters about the person being described. We've all been labeled in our lives. And even worse, we are sometimes the one giving the label. We buy into the lie. While honest assessment is part of growth and progress, we are usually our own worst critic. LeeAnne Mendenhall knows this all too well, because she has battled labels her entire life. About her family. About her faith. About her choices. The importance added to these labels almost pushed LeeAnne to end her own life. As a life coach and mentor, she has helped others fight the false labels that imprison them and prevent them from becoming who they were meant to be, that keep them from reaching for their dreams, that stop them from living the life they deserve. Unlabeled Life: How to Shred Your Labels and Reveal Your True Self! is a recipe for redefining the...



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