



I Am More Than Enough: Helping Women Silence Their Inner Critic and Celebrate Their Inner Voice

Robert Jones, D.C., Bryce Dunford

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Stop your inner critic dead in her tracks and tell the lies to get lost because you are enough. Every day, women are inundated with images, expectations, and internal voices that try to tear them down and compare them to others, but it's time to fight back and win the self-esteem war. No matter what size you wear, how messy your house is, or where you are in life, the principles in this book teach you to leave doubt at the door and lead a content, comparison-free life.

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