



Give YourSelf Permission to Live Your Life

Priya Rana Kapoor

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Whose life are you living? Though of course you would love to believe that it is fully your own, you might want to think again.

Do you find yourself tip-toeing around the feelings of others? Do others' desires often precede your own? Do you wish you knew how to balance it all, have healthy relationships, and end up feeling truly happy?

Priya Rana Kapoor takes you on **The Permission Journey™**, a step-by-step guide that will equip you with the **strength** and **courage** to:

- * have newfound **self-confidence**
- * realise your **dreams**
- * know you are not alone on your **journey**

Give YourSelf Permission to Live Your Life is complemented with candid anecdotes from Priya's personal experience. She leads by example as she tells her story of illness, self-doubt, and a chronic need-to-please, how she got through it all, and how you can do the same.

The breakthrough techniques outlined in The Permission Journey™ have benefited a wide range of people, from executives of large international corporations ironically suffering from low self-worth, to recent school-leavers struggling to find their feet. Their **inspirational stories** mirror scenarios that we all commonly find ourselves in, and will serve as a reference point for you in similar situations.

Are you ready to take the journey yourself? **Pack your bags** and prepare to embark on an **adventure** to give yourself permission to take back your life!



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From reader reviews:

Patricia Smith:

As people who live in typically the modest era should be upgrade about what going on or details even knowledge to make these keep up with the era which can be always change and make progress. Some of you maybe will certainly update themselves by examining books. It is a good choice for yourself but the problems coming to anyone is you don't know what kind you should start with. This Give YourSelf Permission to Live Your Life is our recommendation so you keep up with the world. Why, because this book serves what you want and need in this era.

Sheilah Harvey:

Playing with family in the park, coming to see the marine world or hanging out with buddies is thing that usually you have done when you have spare time, after that why you don't try thing that really opposite from that. One activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of knowledge. Even you love Give YourSelf Permission to Live Your Life, you are able to enjoy both. It is good combination right, you still wish to miss it? What kind of hang-out type is it? Oh can occur its mind hangout folks. What? Still don't understand it, oh come on its identified as reading friends.

Leonie Blazek:

Within this era which is the greater man or who has ability in doing something more are more precious than other. Do you want to become among it? It is just simple solution to have that. What you have to do is just spending your time little but quite enough to experience a look at some books. On the list of books in the top record in your reading list will be Give YourSelf Permission to Live Your Life. This book that is certainly qualified as The Hungry Hills can get you closer in growing to be precious person. By looking right up and review this guide you can get many advantages.

Terry Klatt:

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