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Telling Yourself the Truth by William Backus and Marie Chapien

Telling Yourself the Truth can show you how to identify your own misbeliefs and replace them with the truth. About the Author Dr.

William Backus is founder of the Center for Christian Psychological Services, and an ordained clergyman in the Lutheran church.

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Telling Yourself the Truth | Most of What Happens in Your Life Happens Because of the Way You Think. Wrong thinking produces wrong emotions, wrong reactions, wrong behavior--and unhappiness Learning to deal with your thoughts is the first step on the road to healthy thinking. How to handle one's thoughts properly is what this book is all about It explains the life-changing method the authors call Misbelief Therapy, and it can work for you--In your home In your own circumstances In your own ...

Telling Yourself the Truth by William Backus; Marie Chapien

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