

Untitled Document

You know that Metro Goldwyn Mayer lion that roars when a movie is about to begin? Well,

I've always presumed that he tries to warn me about something. There are occasions t

Boy, did that set my lion off. And when he's like that there's no arguing with him. Still, I

Maybe every day keeps you so busy that you can't even begin to see the big picture a

This tends to happen when comparing yourself to others, thinking that their fame, succo

Whenever we feel that we need to be bigger, better or more exciting, we send a messa

According to author Madisyn Taylor, self-rejecting or belittling beliefs come from childh

So, of course one of your tactics might have been to desperately try to please. Granted

There are people who will never like you, no matter how desperately you try to please

Once you let go of the need to be liked, it will be replaced by the joy of discovering tha

If your lion is still roaring at random, chances are you're still distorting yourself into all s

Hey, you have to get good feedback, don't you? And if you're not getting it from yourself

So, how do you strip down all the pretences to become real again? However small or insignificant

Did you really think that the meaning of your life is supposed to be found in something that