



# Secrets We Have Kept From Ourselves

*Jim Egan*

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# Secrets We Have Kept From Ourselves

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## **Secrets We Have Kept From Ourselves** Jim Egan

Ever wish that you could see yourself as others see you? The book, *Secrets We Have Kept From Ourselves* is a verbal mirror to reveal what others know about you that you don't. Why do you do things you later regret and then find yourself doing them again only to regret them again? The answer is in the chapter, *You are not who you think you are, the Secret of the Self*. You will learn the *Secret of Inner Peace* (no chanting necessary!) Learn why you often settle for relationships you don't want, the *Secret of your Past*. And that is just the beginning. This is not a self-help book, full of catchy mantras, this book is a journey into you! It provides a reflection of how you get trapped in the contradictions of being you, instead of just expressing who you really are. You're a powerful, caring and beautiful person, it's time to start really living and feeling like one!

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