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EMPOWERMENT



**The Self Improvement Show  
Archives Available  
July 5th 2012: How to Be You**

Julie-Ann Blackmore's new book is How to Be You. "But I'm already being me" you say, "so what is she talking about?" Julie-Ann states, "To be You means to recognize and live by your true feelings, thoughts, beliefs and wisdom. Being You is about letting go of others' opinions, beliefs, thoughts, needs and actions and finding out the truth, the whole truth and nothing but the truth about You." Can you honestly say that you have thoroughly examined, understand and accept everything you believe and no one's opinions about you influence you in any way? Do you feel a certain way about people and

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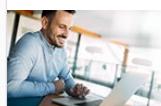
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