



Freedom From the Lies You Tell Yourself (Ebook Shorts)

William Backus, Marie Chapian

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Wrong thinking produces unhealthy emotions, unhealthy reactions, unhealthy behavior --and unhappiness!

Learning to deal with your thoughts is the first step on the road to healthy thinking. In this book Dr. William Backus and Dr. Marie Chapien explain the life-changing method they call "Misbelief Therapy." It's remarkably simple, incredibly effective, and thoroughly biblical. It has helped thousands of people for many years, and it can help you too!

This is a selection from Dr. Backus's and Dr. Chapien's *Telling Yourself the Truth*.

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