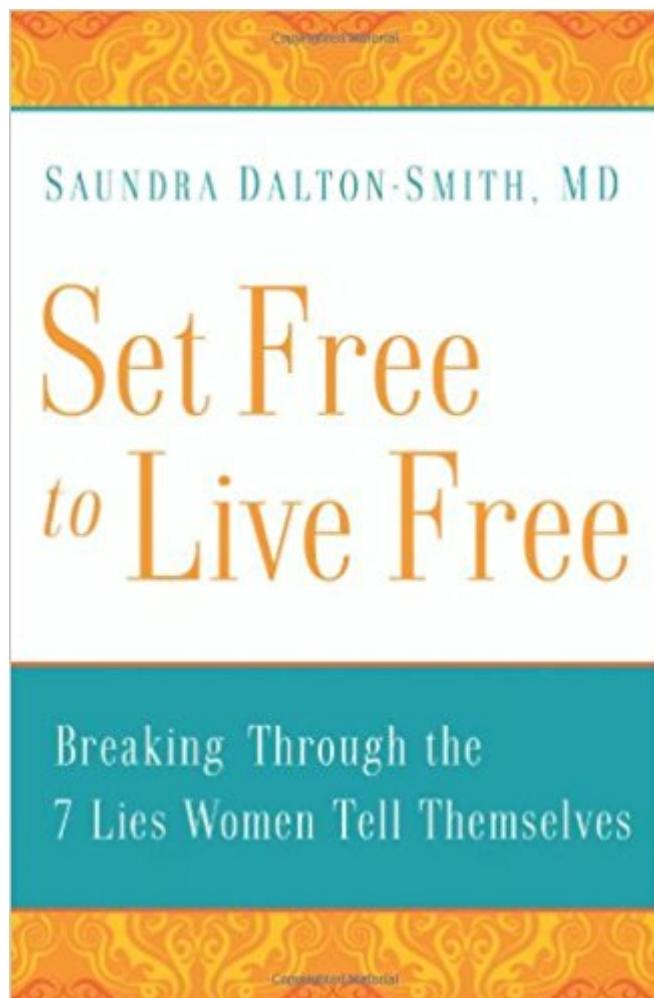


The book was found

# Set Free To Live Free: Breaking Through The 7 Lies Women Tell Themselves



## Synopsis

Imagine life with unlimited possibility, where fear, misconceptions, and insecurities don't have the power to rob you of your potential or your dreams. Many women have trouble seeing this vision because they are bound by lies that keep them from living free. In *Set Free to Live Free*, Saundra Dalton-Smith shows you how to break free from seven mental ties that hold you back and steal your joy, like striving for perfection, comparing yourself to others, and having an all-or-nothing attitude. Through compelling stories and inspirational writing, she encourages you to embrace spontaneity, be transparent, nurture your body, and cultivate a balanced life. "The author writes with the belief that God has a plan for each member of his creation and thus is ready to guide and assist through prayer and Bible study. A VERDICT: The eight-week study guide makes this book a perfect choice for Christian women's groups." - Library Journal

## Book Information

Paperback: 224 pages

Publisher: Revell (May 1, 2011)

Language: English

ISBN-10: 080071993X

ISBN-13: 978-0800719937

Product Dimensions: 5.5 x 0.5 x 8.5 inches

Shipping Weight: 8.8 ounces

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (33 customer reviews)

Best Sellers Rank: #960,054 in Books (See Top 100 in Books) #63 in Books > Religion & Spirituality > Religious Studies > Psychology & Christianity #121 in Books > Christian Books & Bibles > Christian Denominations & Sects > Protestantism > Inspirational

## Customer Reviews

*Set Free to live Free* By Dr Saundra Dalton-Smith I thought I knew all the negative self-talk that women indulge in and the lies we tell ourselves I had down pat. After all at age 70 it's a matter of been there done that, got the tee shirt, so what's new. Saundra Dalton-Smith's book, *Set Free to live Free* is new. In her book the author takes you behind the patient doctor screen to bring true life experiences, and shows the crippling effect these lies and myths have on the psyche. She herself, as she reveals was not immune, so this is also her story as well as yours and mine and so many countless women. So we know the score, but how do we get free. A God-given intuitive gift allows Dr Dalton-Smith to probe beneath the surface of the problems presented to dispense a prescription

based on biblical truths, facts and a ministry of encouragement that empowers the patients to replace the lies with truth. As I poured over this book, and I must warn you it is not a onetime sit down and read kind of a book, it takes time to read study, digest and act upon the information. But as I went through the book, I had to stop and take notes, which I placed in strategic places in the book so that I could go back and reference the sections. It was sort of like doing a Bible Study and truly a great amount of truth was revealed and a lot of healing and help. I felt that I had gained victory over a number of things because they no longer were a part of my life, but as I read Set Free to live Free, I found that there was still tension in some areas of my life that needed to be released if I was to truly gain the victory I deserved in life and in Christ. One such situation was in relation to emotional pain.

[Download to continue reading...](#)

Set Free to Live Free: Breaking Through the 7 Lies Women Tell Themselves American Conspiracies: Lies, Lies, and More Dirty Lies That the Government Tells Us What Your Doctor May Not Tell You About(TM) IBS: Eliminate Your Symptoms and Live a Pain-free, Drug-free Life (What Your Doctor May Not Tell You About...(Paperback)) Drop 14 Pounds in 3 Weeks (2nd Edition): Lose Weight, Feel Great, and Live Healthy: Effective Tips to Burn Fat, Get Stronger, and Boost Energy (Live Lean, Live Healthy, Live Happy) Tell A Thousand Lies: A Novel Set In India Free Cookbooks: Box Set: The Complete Healthy And Delicious Recipes Cookbook Box Set(30+ Free Books Included!) (Free Cookbooks, Free, Cookbooks, Recipes, Easy, Quick, Cooking,) Toxic Sludge is Good For You: Lies, Damn Lies and the Public Relations Industry DECEIT, LIES & ALIBI'S 3 (DECEIT, LIES, & ALIBI'S) Lies the Gospels Told You (Lies of the Bible Book 2) Black Lies Matter: Why Lies Matter to the Race Grievance Industry Sex, Lies & Lipstick (Sex and Lies Book 2) Sex, Lies & Pearls (Sex and Lies Book 3) Lies, Damned Lies and History: The Chronicles of St. Mary's, Book 7 The Allergy Self-Help Cookbook: Over 350 Natural Foods Recipes, Free of All Common Food Allergens: wheat-free, milk-free, egg-free, corn-free, sugar-free, yeast-free Juice Up Your Life - Juicing Made Easy Guide And Tips, Live Healthy, Live Better, Live Longer! (Juicing Guide, Juicing Recipes) WHEAT BELLY DIET FOR BEGINNERS: Grain-Free, Wheat-Free, Gluten-Free Cookbooks and Recipes For Weight Loss Plans and Solutions Included! (Wheat Free Grain Free Gluten Free Weight Loss Diet Book 1) Easy Breadmaking for Special Diets : Wheat-Free, Milk- And Lactose-Free, Egg-Free, Gluten-Free, Yeast-Free, Sugar-Free, Low Fat, High To Low Fiber Yummy Yum for Everyone: A Childrens Allergy Cookbook (Completely Dairy-Free, Egg-Free, Wheat-Free, Gluten-Free, Soy-Free, Peanut-Free, Nut-Fre How To Stream Video Live 2016: Expand Your Reach In Minutes With Live Video Through Facebook, YouTube, Periscope, Livestream, Meerkat And

More - Even If You Hate Being On Camera Craps & Roulette: A Brief Primer and a Few No BS Betting Strategies That Just Might Improve Your Performance\* (\*Just as boringly as the casinos do for themselves.)

[Dmca](#)