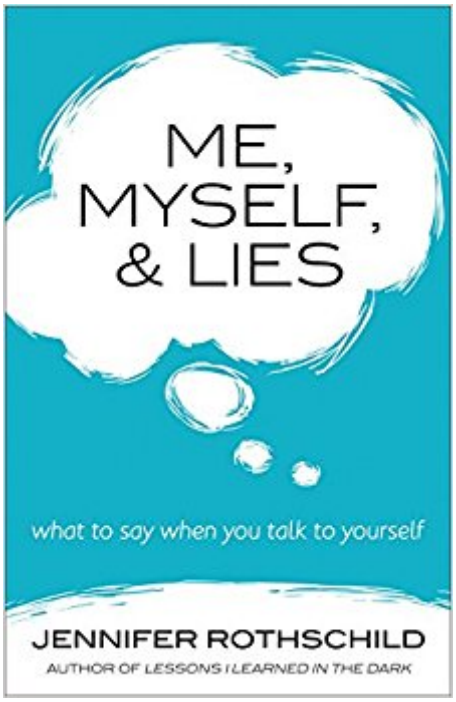
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Me, Myself, And Lies: What To Say When You Talk To Yourself



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Synopsis

What Should You Say When You Talk to Yourself? Have you ever noticed the things you say to yourselfÃ¢â ¬â •and believe? I could never do that. They don't like me. I am such an idiot! You wouldn't talk that way to anyone else, yet phrases like these constantly flow through your mind, leaving you insecure and defeated. Jennifer Rothschild was there, as well, until she learned how to replace the lies with truth. With wisdom and authenticity, Jennifer will help you...silence the negative voices in your mind as you learn to speak kindly to your soulgrow in confidence by replacing the lies that shackle you with the truth that sets you freeovercome a lifetime of damaging self-talk by practicing godly and biblical soul-talk Plus, you'll hear from Lysa TerKeurst, Laura Story, Lisa Whelchel, Stormie Omartian, and other popular authors and speakers as they share what they say when they talk to themselves.

Book Information

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Customer Reviews

Jennifer Rothschild has written 14 books, including the bestseller Lessons I Learned in the Dark. SheÃ¢â ¬â„¢s been featured on Good Morning America and Dr. Phil and is the founder of Fresh Grounded Faith events. Jennifer became blind at age 15 and now helps others live beyond limits.

If you have ever felt defeated, this is a book for you. Jennifer has put her finger on the problem of listening to that whispered voice inside our minds that tells us we are ÃƒÂ¢Ã â ¬Ã Å“stupid,ÃƒÂ¢Ã â ¬Ã Â• ÃƒÂ¢Ã â ¬Ã Å“not enough,ÃƒÂ¢Ã â ¬Ã Â• ÃƒÂ¢Ã â ¬Ã Å“worthless,ÃƒÂ¢Ã â ¬Ã Â• and I could go on. When we listen, repeat, and allow

our spirits to agree with those words, we become defeated. This scripturally based book cleverly uses the concept of a closet for our thoughts. Every closet needs cleaning out occasionally and Jennifer shows us how to clean out our thought closets to allow some new thoughts to enterÃƒÂ¢Ã â ¬Ã Â¦the thoughts God has toward us. The subject matter is very biblical in its approach and is not a self-help book but a ÃƒÂ¢Ã â ¬Ã Å“God help usÃƒÂ¢Ã â ¬Ã Â• book! You will be very glad you purchased Me, Myself, and Lies and will soon be recommending it to others.

Great book. A wonderful Bible study tool.

As I have completed a first time reading of this book I am encouraged to clean my thought closet. So I will begin to read and apply the ideas and practices shared by Jennifer. Her honest approach makes the challenge doable, although changing thought habits embedded in your mind for years will not be easy. Thank you for the honesty and clarity and also the obvious spiritually led content of this book. And now to start cleaning and sharing with others.

Completely satisfied

I really enjoyed the book . She did do some repeating on a few topics . I read this book through a bible study so I felt a bit rushed to get in the weekly reading. I'm going to reread later and hopefully wont feel rushed

Was a fun read. Lots of great insightful truths. With a little humor mixed in!

I loved this book and found it amazingly helpful in overcoming negative self talk I have dealt with for year. I am so grateful for Jennifer and her gift of writing.

This is a must read. Very good book that I would highly recommend to everyone. This is a book that I could read over and over again.

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