



# **PERMISSION GRANTED: How to Find and Follow a Path to a Life True to Your Self**

*Judith Pratt-Jefferies*

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**Are you living your best life now ? Do you know the right kind of environment in which you could be your happiest and do the things you have always wanted to do? Is this your time to finally have the life you want ?**

This thought provoking book can help you find the answer to these questions. It is the personal story of one woman's journey to having the life she loves in an environment in which she can be and do what she wants at long last. It is the story of her struggle for many years to give herself permission to go on the journey. *She describes how she identified what her true self was, and how she determined what a life true to herself could be like.*

**If you are looking for ways to stop the pain of living a life that meets the expectations of others and never your own, this book can help you.**

It can help you revise the rules handed down to you through parental control, society's mores, or professional demands, and write your own.

In this memoir the author invites us into her thought process as she looks back at the beginnings of her life to find the real **ME**. Early memories give her clues of the self she was born to honour. She tells how life experiences submerge her original desires and lead her onto paths that follow the expectations of others. Not to be denied, however, those desires keep surfacing and prompt her to explore, study, understand, and take other paths to meet her own expectations. Her triumph is to finally give herself permission to go and to live that joyful life, a life true to her **SELF**.

**PERMISSION GRANTED: How to Find and Follow a Path to a Life True to Your Self** is a guide that offers tools to:

- • identify the true self you were born with
- • determine who and what made the rules you feel obligated to live by
- • learn to come unstuck from old beliefs
- • create a plan for a new life
- • discover no matter what your age that you can give yourself permission to live life on your own terms

Follow the suggestions in this book and you too can have the life you dream about.

**What's stopping you ? Don't come to the end of your life with regret that you did not listen to your own heart, your own rules, and never choosing the life possible for your True Self.**

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