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The P.R.I.D.E. Factor: How To Bounce Back When You Think You Can't (Paperback)

By Carol Ann Munschauer, Dave Hood

AUTHORHOUSE, United States, 2004. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Here s What The Experts Are Saying About The P.R.I.D.E. Factor This book has helped me make great strides in the problem I have had with my need for perfection. I was always accommodating to the needs of others and, as a result, I suffered undue stress, shame and anxiety whenever I disappointed anyone. Reading the cases in the book, and learning the principles of the P.R.I.D.E. Factor, released me from the curse of always feeling bad about myself whenever I followed my own ideas. It gave me the emotional independence I needed to be my True Self. My step is lighter and I am not so hard on myself. People close to me can see the difference. Christian Phoenix Special Education Teacher The P.R.I.D.E. Factor offers the reader a chance to become free of the bondage associated with pain hurt and suffering. I have seen, first hand, in my work as a priest, counselor and law enforcement chaplain that the principles of this book work. I have been deep in the pit of Ground Zero. I have been steeped in the fear...



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