



Choose Your Story, Choose Your Life

Dean Erickson

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Author Dean Erickson demonstrates the importance of choosing your best personal story, the version you use to describe your life to yourself and others. If that story is derived from the worst events of your past, instead of the best, you can negatively affect your present and future. Through an in-depth and emotionally evocative exercise, valuable suggestions, motivational quotes, and one very powerful question, Erickson leads you with humor, encouragement, and insight to find your best story and helps you get rid of negative beliefs that keep you from living your best life.

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