

Book Review

by a New York Times Best selling Author:

“Are rejection, fear and anxiety stumbling blocks in your chosen life path? Do you sometimes feel that there’s something inside of you stopping you from making your dreams a reality?

You are not alone. It’s a well accepted psychological doctrine that our thinking patterns can wreak havoc on our personal and professional lives—yet is there a way to break free of them? Yes, indeed there is, and the best place to start is with Darleen Braden’s joyful, insightful and inspirational book, *What Stops You?*

Braden’s book uses everything from Eastern healing arts, philosophy, hypnotherapy and energy balancing to affirmations to help you understand how your thoughts can make or break your reality. You’ll learn how your inner beliefs about yourself can sabotage your life and how you can change your experience simply by shifting your thoughts. Braden will show you how you can find out who you really are and how you can embrace your own personal lessons to get the things you really want out of life.

Best of all, the book is lots and lots of fun. Part of Braden’s genius is to create an absolutely endearing character, Anna, who goes through all the program steps herself, allowing readers to see just how quickly and easily the program works. And Braden’s handy worksheets, questionnaires and exercises let you see those results in just moments! Inspirational and full of delight, *What Stops You?* is the way to map out a brave new you.”

*ELLEN TANNER MARSH,
NEW YORK TIMES, BEST SELLING AUTHOR*