



Telling Yourself the Truth

William Backus, Marie Chapien

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The truth will set you free!

I dropped the ball and feel like a failure as a parent/spouse/friend, or, I lost my job; I am useless. This is negative self-talk at its finest. Negative thinking produces negative emotions, negative reactions, and negative behavior. Don't be a victim of circumstances; self-destroying lies will keep you from achieving true happiness.

But true happiness is possible if you stop believing your lies. The authors explain Misbelief Therapy, a life-changing method, in an easy-to-understand way. Learning to deal with your thoughts, they say, is the first step to healthy thinking. They'll help you stop the misbelief, *I'm so lonely and miserable*, and replace it with the truth: *I'm alone, but not lonely. God loves me with an everlasting love, and I am invaluable to Him.* Once you pull the negative thoughts out and replace them with the truth, you will see that you *can* lead a satisfying and fulfilling emotional life. Based on the Bible, *Telling Yourself the Truth* has continuously helped thousands of people for more than thirty years. This newest edition now includes a helpful study guide.

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