



The Lies We Believe

Chris Thurman, Frank Minirth

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In *The Lies We Believe Workbook*, Dr. Thurman offers a proven and easy-to-follow 12 week plan for stopping these lies in their tracks and learning to base your emotional and spiritual life on the truth. Dr. Thurman stresses that "the more you are able to see truth about yourself and life, the more you'll be able to see past your lies' smokescreens," which is one of the skills he helps you develop in *The Lies We Believe Workbook*.

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