



# **Become Your #1 Fan: How to Silence Your Inner Critic and Live the Life of Your Dreams**

*Kathryn Orford*

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## **Isn't it time you lived your best life?**

*Did you know that everyone has an inner critic - that niggling voice inside your head that puts you down and tells you that you aren't good enough?*

Are you settling for a mediocre life, job, relationship? Have you tried unsuccessfully to apply the principles of The Law of Attraction and *The Secret*? Can you imagine what your life would be like if you really believed in yourself and your ability to manifest your dreams?

***Become Your Number One Fan: How to Silence Your Inner Critic and Live the Life of Your Dreams* can teach you to:**

- reprogram your negative self-talk and turn it into a cheer squad;
- love yourself, warts and all, from the inside out (instead of constantly searching for outside acknowledgement and approval);
- become your best friend instead of your worst enemy;
- develop your self-esteem and self-worth;
- rekindle your deepest dreams and desires;
- ditch the habits that don't serve you;
- believe in yourself and your abilities;
- create a vision for how you want your future to be, and;
- make that vision a reality.

**It would be my honor to assist you to do so. Whether you believe it right now or not, you deserve to live your best life!**

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