



Cutting Ties That Bind Workbook

Phyllis Krystal

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This easy-to-use guidebook provides exercises and visualization techniques that can be used to learn how to "cut the ties that bind" us to old situations, old behavior patterns, old habits. When we learn to connect with the "High C" or the Real Self, we are able to let go of the past and allow ourselves a new and brighter future. Letting go of old habits can be fun! This workbook has been used by therapists, groups, and people who are working with the techniques outlined by Phyllis Krystal in workshops she has given all over the world. Readers who have not experienced these workshops may have read her books: Cutting the Ties that Bind, Cutting More Ties that Bind, and her recently published Taming Our Monkey Mind, which speaks to insight, detachment and gaining identity.

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