



## The Icons Within

*George Pugh Ph.D.*

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If you can think differently about your personal problems, which might include the aftermath of traumatic events or deep feelings of rejection, you may find yourself in a position to overcome hurtful memories that continue to upset you and interfere with your sense of self-worth.

George Pugh, Ph.D., a practicing clinical psychologist, helps you find insight and direction in this new approach to understanding yourself and why you struggle with inner self-defeating voices that hold you back. After learning why you are resistant to changing problematic personality traits and why past efforts have left you at a loss and longing for more, you will be encouraged to take part in simple exercises that will remove the troubling inhibitions that prevent you from being who you truly are.

In straightforward language you will achieve insights that will help you:

understand that the personality forms around the basic principles of survival;

recognize that survival strategies that served you well in the past hold you back in the present;

release your true voice to speak from a position of honesty, integrity and personal strength;

free what you have hidden - your passion, connection and commitment to your personal journey.

If you are willing to risk brief emotional upheaval and painful moments of reflection you will find your voice and release your true self.

This book explains steps that will allow you to break free of a counterproductive lifestyle that binds you to a way of thinking and feeling that is safe but is lacking in joy and authenticity.

"The Icons Within helps the reader to understand the full effects of Iconic therapy. It provides a sense of hope in a multitude of dimensions - hope that healing is possible, hope that life can hold so much more and hope that life's potential can still be achieved."

-A. Thomas, therapist"

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