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...and
your life
will appear

an inch-by-inch guide to
making a major change

nancy levin

author of *writing for my life*

Jump And Your Life Will Appear

Nancy Levin



Jump And Your Life Will Appear:

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[Summary of Nancy Levin's Jump...and Your Life Will Appear](#) Everest Media,2022-05-02T22:59:00Z Please note This is a companion version not the original book Sample Book Insights 1 My husband who was far from the nice Jewish boy I was supposed to marry embodied most of the qualities that I had rejected in myself He valued play fun leisure and adventure over work I had rejected these same qualities in myself and so we were a match made in heaven 2 When we are children we continue to act out our unconscious habitual ways without any awareness of why We only become aware of these unwanted parts of ourselves when we bring our shadow beliefs into conscious awareness as adults 3 I had designed a marriage for myself where there was no room for the real me I had acted the part of the woman my husband wanted and needed me to be But I wasn t good enough not even at that So I let him try and mold me into his image of the perfect wife 4 Perfectionism is a shield that we use to protect ourselves from feeling shame blame and judgment It is the belief that if we look perfect live perfect and work perfect we can avoid or minimize these feelings **Locomotive Firemen's Magazine** ,1892 **The Magazine of Poetry and Literary Review** ,1894

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