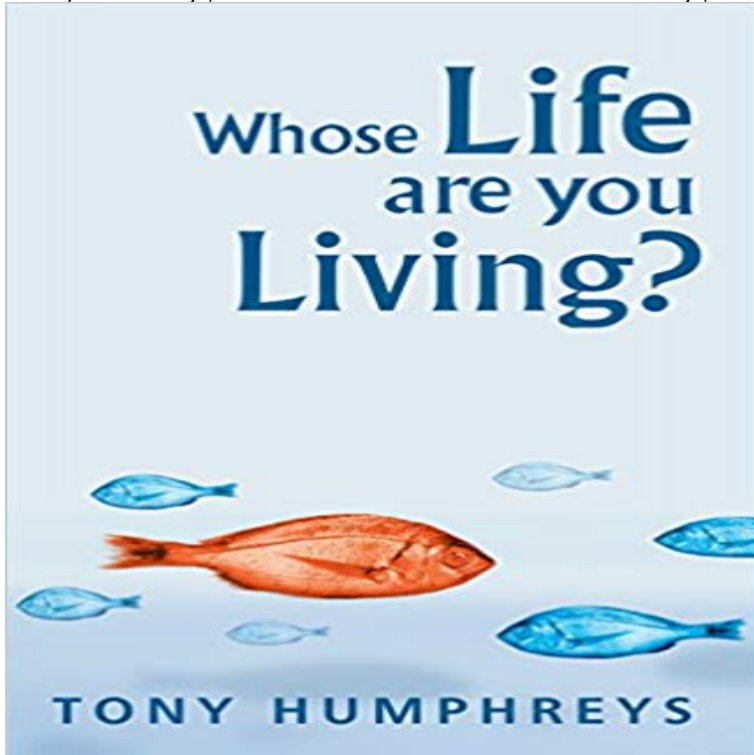


# Whose Life Are You Living? Realising Your Worth: A Clinical Psychologists Guide to Overcoming Labels and Limits



In *Whose Life Are You Living?*, bestselling author and clinical psychologist Dr Tony Humphreys challenges us move beyond the constraints imposed by external opinions and to look at our lives in new and liberating ways. We are not born bad, ugly, stupid, average, superior or inferior, yet these and other labels plague our adult lives. Why do we pigeonhole ourselves and put limits on our abilities? Our desire to be accepted by friends, family and the world at large forces us to bow to society's demands and shackles our true self. Today's world worships at the altar of success. Magazines and television shows constantly offer us the chance to be somebody, anybody, but who we really are. We follow someone else's ideal until we end up with no idea of the person we were before we started. Whose life are we living? By giving up our freedom, we no longer belong to ourselves. We belong to those who have influenced and altered us. Dr Tony Humphreys questions the way we approach our lives and shows us how to emerge from the darkness that has hidden us. In the style of the bestselling *The Power of Negative Thinking*, this is an important book from one of our most influential writers in the area of psychology.

*Whose Life Are You Living?:*  
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