

**Living Like You Mean It: Use The Wisdom And Power
Of Your Emotions To Get The Life You Really Want By
Ronald J. Frederick**

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Jun 25, 2009 Psychologist and life coach talks about his new book, Living Like You Mean It: Use the Wisdom and Power of Your Emotions to Get the Life You Really Want

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About Erika Schanzenbach Erika manages design and social media for Highlands. She shares a home, her life, and a desire to build Christ's kingdom with her parents and

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Elisabeth Brown, Psy.D. is a licensed psychologist in private practice in Chester, NJ. In independent practice since 1984, she works with individuals, couples and

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In LIVING LIKE YOU MEAN IT, the book uses stories and examples to help readers see that overcoming feelings phobia is the key to a better life and more

Living like you mean it

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Why is it so hard for us to feel alive and present in our own lives? The problem, Dr. Ron Frederick says in his book, Living Like You Mean It, is our fear of our own

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Live like you mean it: the 10 crucial questions

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