



# **Liberation: Break Free from Your Own Chains and Live Better!**

*Debra Benowitz*

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# Liberation: Break Free from Your Own Chains and Live Better!

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## **Liberation: Break Free from Your Own Chains and Live Better!** Debra Benowitz

"Liberation" is the new-age inspiration! It is a self-help guide unlike the usual. The author depicts the environment and human understandings in an exceptional, yet digestive way and presses the reader to meet goals through self-revelation using philosophy, humor and easy to relate comparisons. Concise and to the point, "Liberation" is simply uplifting and enlightening. If you breathe there is something to relate with! The author touches on a variety of subjects in a peculiar manner, making one think, research and learn about themselves from the inside of their own mind outward. Though, "Liberation" is seemingly aimed at those who are unhappy, it can help virtually anyone with any ailment, mishap, issue, or minor situation by starting them on a path of understanding not just how to live, but to live feeling better! Have a pencil handy as the author prompts you to take notes as you research and learn about yourself throughout this sensational book!

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