



The Beauty and Vanity of Denial

Angela Taylor, Beckley Walter

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More often than not, it seems easier for other people to examine our lives; however, when we decide to examine our own lives and are truthful, we can discover how the stories of denial have been controlling our thoughts, attitudes, and behaviors. This insight can be a path to self-discovery, liberation, and fulfillment. The denials that cause negative situations and circumstances culminating in "our life" can lead to the land of anxiety, depression, and more. Living in denial can keep us from preparing for, or even seeing, opportunities available to us. Our denial stories can keep us in limbo, unable to progress beyond where we are. Nevertheless, you don't have to be a permanent resident. Within these pages your relationship with denial will become clear, assisting you on your journey out of denial; still, you cannot knowingly or unknowingly allow denial to become your place of residence. In your hands are the keys for traversing and eliminating the fear and pain that come as byproducts from living in denial. Uncover your denial stories and discover the opportunities that are available to you.

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