



The Little Book of BIG LIES: and TRUTHS That Set You Free

Tina Lifford

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The Little Book of BIG LIES is a study in Self-care and freedom. It's the Life Skills class you never had in school. You are the teacher and the student as you discover and squash the lies that lurk in the corners waiting to trip you up...shame, guilt, self-rejection, self-judgment, playing small, plus dozens of "sacred tortures" you know so well. Tina Lifford has served up 14 raw, personal stories to touch your core and help you navigate life's dramas, traumas, upsets, and disappointments. The stunningly honest stories read more like a novel than the roadmap to Inner Fitness they really are. As a working Hollywood actress for 20 years, Tina has managed to stay afloat in the choppy waters of Life because of her own Inner Fitness work and study. She shares her journey and Self-care practices with honesty and loving openness in these pages. This book is helpful if you are facing doubts and "forever" feelings. Do you feel like your dreams shall forever remain just dreams? Is there a challenge you just can't overcome? Are you always last on your list of priorities? How often does feeling not good enough show up in your life? These are thoughts that lie to us and The Little Book of BIG LIES uncovers them once and for all. It redefines human beings as innately Creative, Resilient, Empowered, Whole and Worthy (CREWW). Each story is a celebration and an invitation to fall in love with Self from this point forward. This is the powerful truth that awaits: When you know yourself, you are empowered. When you accept yourself, you are invincible. As a Hollywood actress, Tina Lifford has come into your home starring opposite such icons as Clint Eastwood, Sidney Poitier, Bruce Willis and Jennifer Lopez. Her characters have ranged from sweet and naive to strong and sometimes hard-hearted. Here in The Little Book of BIG LIES she comes with her heart wide-open.

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