



# I Know I'm In There Somewhere

*Helene Brenner*

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## **I Know I'm In There Somewhere** Helene Brenner

Based on her work with over a thousand women across the country, psychologist Helene G. Brenner has learned that women feel the impulse to accommodate, adapt and mold themselves to serve others at their own expense. Her solution is an invigorating new approach to women's psychology. The key to transformation, she explains, is not self-improvement, but self-acceptance—affirming and validating what we truly feel and experience and who we already are. Dr. Brenner shows women how to discover and express what they truly want and value, guiding you toward your own Inner Voice. **I Know I'm In There Somewhere** will show you:

- How to embrace, rather than fix, the Inner Voice that has been there all along
- How to distinguish the Outer Voices (the expectations of the people around you) from Your Inner Voice (the voice of your true self that goes beyond intuition and guides you wisely towards what is right for you)
- What to do when you feel that the essence of who you are is being stifled by external demands and expectations

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