



Set Free to Live Free: Breaking through the 7 Lies Women Tell Themselves

Sandra Dalton-Smith MD

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Imagine life with unlimited possibility, where fear, misconceptions, and insecurities don't have the power to rob you of your potential or your dreams. Many women have trouble seeing this vision because they are bound by lies that keep them from living free.

In *Set Free to Live Free*, Saundra Dalton-Smith shows you how to break free from seven mental ties that hold you back and steal your joy, like striving for perfection, comparing yourself to others, and having an all-or-nothing attitude. Through compelling stories and inspirational writing, she encourages you to embrace spontaneity, be transparent, nurture your body, and cultivate a balanced life.

"Finally a book that brings to light the lies that women have been fed since childhood--and how to break their emotional grip on our lives forever. Saundra Dalton-Smith shows us just how precious we are to God, and how we can live empowered and drama-free lives."--Carol M. Mackey, author of the bestselling *Sistergirl Devotions: Keeping Jesus in the Mix on the Job*

"Dr. Saundra Dalton-Smith has captured the role of the Spirit in the healing process with clarity and love in her book *Set Free to Live Free*."--Jane I. Honikman, MS, founder of Postpartum Support International

Saundra Dalton-Smith, MD, is a board-certified internal medicine physician who has been practicing medicine since 1999. She treats a predominantly female population and has firsthand experience with the struggles women face trying to imitate the American dream. Dr. Dalton-Smith has been an adjunct faculty member at Baker College and Davenport University in Michigan. She lives in Alabama.

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