

# How It Feels To Be Free: A Journey of Self-Discovery and Liberation



## How It Feels to Be Free: Black Women Entertainers and the Civil Rights Movement by Ruth Feldstein

★★★★☆ 4.6 out of 5

Language : English  
File size : 3514 KB  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 304 pages  
Lending : Enabled  
Screen Reader : Supported  
X-Ray for textbooks : Enabled



In the tapestry of life, we often find ourselves entangled in the threads of addiction, toxic relationships, and self-limiting beliefs. These chains can weigh us down, obscuring our true selves and dimming our light. But within the depths of our being lies an unyielding flame, a longing for freedom and authenticity. *How It Feels To Be Free* is a powerful and inspiring memoir that chronicles the author's journey of self-discovery and liberation.

### Breaking the Chains of Addiction

The author's journey begins in the throes of addiction, a relentless cycle of self-destruction. Alcohol and drugs became her refuge, a way to escape the pain and emptiness that gnawed at her soul. But as her addiction spiraled

out of control, it began to consume every aspect of her life, leaving her feeling lost and alone.

Through raw and unflinching honesty, the author recounts her struggles with addiction, the depths of despair it led her to, and the unwavering determination that ultimately set her on the path to recovery. Her story is a testament to the transformative power of hope and the resilience of the human spirit.

### **Healing the Wounds of Toxic Relationships**

Relationships are meant to be a source of love, support, and growth. But when they become toxic, they can leave deep and lasting wounds. The author bravely shares her experiences in toxic relationships, the emotional manipulation, gaslighting, and betrayal she endured.

Through her journey of healing, the author learned to recognize the signs of toxic relationships and to set boundaries to protect her well-being. She discovered the importance of self-love and self-acceptance, and the profound healing that can come from breaking free from unhealthy patterns.

### **Shattering Self-Limiting Beliefs**

Self-limiting beliefs are like invisible chains that hold us back from reaching our full potential. They whisper doubts in our ears, telling us we're not good enough, smart enough, or worthy enough. The author delves into the ways in which self-limiting beliefs can sabotage our lives, preventing us from pursuing our dreams and living authentically.

With courage and determination, the author challenged her self-limiting beliefs, one by one. She replaced negative self-talk with positive affirmations, embraced her strengths, and learned to forgive herself for her mistakes. Through her own transformation, she inspires readers to question their own limiting beliefs and to embrace the boundless possibilities that lie within.

## A Journey of Hope and Liberation

*How It Feels To Be Free* is not just a memoir of personal struggles and triumphs. It is a beacon of hope and guidance for anyone seeking to break free from the chains that hold them back and live a life of freedom and authenticity. The author's journey is a reminder that no matter how far we may have strayed, it is never too late to reclaim our true selves and live the life we were meant to live.

Through honest storytelling, practical insights, and a wealth of resources, *How It Feels To Be Free* offers a roadmap to self-discovery and liberation. It is a book that will resonate with anyone who has ever felt lost, trapped, or yearning for something more. It is a book that will inspire you to break free from your own chains and live a life of purpose, passion, and joy.



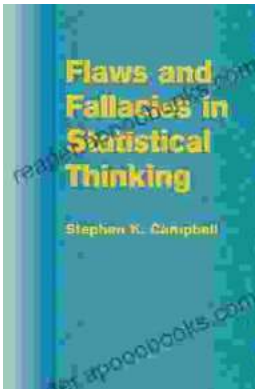
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