



You Can't Escape from a Prison If You Don't Know You're In One: What is Blocking Your Freedom?

Alena Chapman

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Embark on a Journey to a Vibrant New Life Filled with Strength, Courage and Passion!

[Discard the heaviness of your past and move towards a lighter uplifting life](#)

Are you ready to take a moment and get in touch with how you really feel about your life? Often when people are feeling unhappy and empty they overload themselves with activity that leads to a state of feeling emotionally numb.

If your job, life and relationships feel like a routine of drudgery—you are living in a prison.

However, recognizing these feelings is the first step towards a newfound awareness that can set you free.

In her new book, *You Can't Escape from a Prison if You Don't Know You're In One*, Alena Chapman takes you through life-changing exercises that enable you to burst out of your prison and explode into a dynamic new life filled with abundance, joy and purpose.

Start by saying, “Enough is enough” and commit to freedom and happiness

As you read through, *You Can't Escape from a Prison if You Don't Know You're In One*, you'll come to the healthy realization that it's Ok to give yourself permission to say, “Enough is enough, I want to change.”

If you do this, Alena Chapman will guide you along a new path that leads to self-discovery and certainty that you are capable of wonderful things. You'll learn through inspiring:

- Step-by-step exercises that build unstoppable momentum
- Affirmations that change your thought patterns for the better
- Lessons and quotes that excite and energize your mindset

Praise for *You Can't Escape from a Prison If You Don't Know You're In One*

Alena's life-affirming guidance will fill you with a knowing that you have at your fingertips the power to create a life filled with satisfaction and joy.

“This book contains beautiful meditations and affirmations with practical examples from real-life clients that allow the author to share her beautiful message. If you or someone you know is going through a divorce or any other difficult situation, you must read this book.”

—Jennifer Colford, International Best-Selling Author

“The thoughtful insight and wisdom that Carrie has gained from her personal journey brings hope and inspiration to so many confronting relationship issues and struggles for independence. A powerful guide for those ready to take control of their lives.”

—Ted Rice

“If you are looking for the way to create freedom in your life from the bonds that hold you back from living a magnificent life, read every word of this incredible book. Highly recommended.”

—Peggy McColl, New York Times Best-Selling Author, aka “The Best Seller Maker”

“Engaging and easy to read. The stories draw the reader into relatable circumstances and the exercises push the reader out to apply the principles. Most useful.”

—Julie Cox-Cid, President, Cox®Technic Resource Center, Inc.

“Alena Chapman's book is clear and refreshingly written. She writes from her heart and from her experience. This is a must read for anyone who notices how trapped they are in life.”

—Tina Zion, Author of *The Reiki Teacher's Manual* and *Become a Medical Intuitive*

"This book is a practical and thoughtful step-by-step guide to helping you move from surviving to thriving, and contains the seeds of creating a successful life."

—Tina Chadda, MD, FRCPC, Psychiatrist & Life Strategist

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Raymond Childers:

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Susanne Pineda:

Playing with family in a park, coming to see the coastal world or hanging out with friends is thing that usually you could have done when you have spare time, and then why you don't try thing that really opposite from that. Just one activity that make you not sensation tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of knowledge. Even you love *You Can't Escape from a Prison If You Don't Know You're In One: What is Blocking Your Freedom?*, it is possible to enjoy both. It is fine combination right, you still desire to miss it? What kind of hang-out type is it? Oh can happen its mind hangout men. What? Still don't have it, oh come on its named reading friends.

Ashley Gibson:

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