



**For immediate release:
Author's new book receives a warm literary welcome.**

Readers' Favorite announces the review of the Non-Fiction - Self Help book "RESCRIPT the Story You're Telling Yourself" by Colleen Georges, currently available at <http://www.amazon.com/gp/product/1640855572>.

Readers' Favorite is one of the largest book review and award contest sites on the Internet. They have earned the respect of renowned publishers like Random House, Simon & Schuster, and Harper Collins, and have received the "Best Websites for Authors" and "Honoring Excellence" awards from the Association of Independent Authors. They are also fully accredited by the BBB (A+ rating), which is a rarity among Book Review and Book Award Contest companies.

"Reviewed By Lesley Jones for Readers' Favorite

Are you struggling to meet your life goals and dreams because you consistently talk yourself out of taking any action out of fear that you may fail? Everyone has an inner script that determines the actions we take and the emotions we experience. By understanding your mind, you can easily shift from a procrastinator who criticizes themselves to a more confident and self-assured individual who faces obstacles in life with optimism and vigor. Discover the simple but powerful techniques to finally quiet your Inner Antagonist who is sabotaging your success, and open your mind to the Inner Advocate because that is where the magic is going to happen. Allow Colleen Georges to guide you through the eight practices to rescript your story so you can face the future with the knowledge that you are in control of your destiny.

Rescript the Story You're Telling Yourself by Colleen Georges is a wonderful, detailed guide, a definitive Bible for anyone wishing to understand the working of the human mind, so they realize why they act in a certain way. This book answers so many questions about human behavior and the way we are derailing any form of positive action. The exercises throughout are amazing, thought-provoking, and will serve as a constant reminder to 'rescript' our internal dialogue. I feel totally empowered that I have always been in control of my behavior, and now with this guide, I can ensure that the actions I take will only serve me in a positive light. I cannot recommend this guide enough and I would love to see it in every school where children can learn the confidence to believe in themselves and their abilities. My particular favorite parts of the book were the explanation of ego and superego. This gave a clear understanding of where our mindset stems from. The Life Story Satisfaction scale and the RESCRIPT quizzes were mindblowing. Thank you to the author for putting all her wisdom into one book."

You can learn more about Colleen Georges and "RESCRIPT the Story You're Telling Yourself" at <https://readersfavorite.com/book-review/rescript-the-story-youre-telling-yourself> where you can read reviews and the author's biography, as well as connect with the author directly or through their website and social media pages.

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