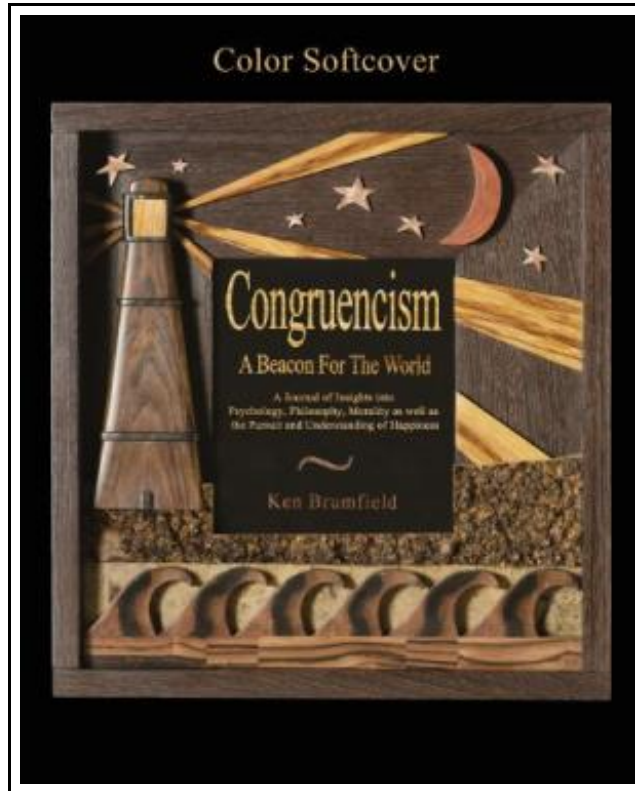


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KTB Publishing LLC. Paperback. Book Condition: New. Paperback. 204 pages. Dimensions: 10.0in. x 8.0in. x 0.6in. Congruencism An ideology that teaches one to embrace the positive and discard the negative through encouraging a benevolent congruence of emotions, cognition, and actions. If one is truly congruent (their inner emotions, subconscious, and outward display of their emotions are all matching), the people that should be in their life will gravitate to them, and those that should not will gravitate away from their day to day life. It is my hope that this book and the movement it represents will help people to realize that others opinions of them should not affect their own opinion or self concept. I feel that masochism plays a huge role in our society, and that there is an undeniable internal strength that receiving unconditional acceptance can provide. Bullying is a theme that weaves in and out of the book and my hope is that once someone has read Congruencism they will begin to question their less positive relationships. I feel that often these relationships are more custom fit versions of our past that we are drawn to due to their cloak of familiarity and once someone believes and accepts the fact that they deserve to experience happiness, their value and self concept can begin to be derived from within as opposed to being only a reflection of the words and actions of those around them. Some other topics covered in this book are: Conviction; Good and Evil; Fight or Flight; Pedestal Quotes Ways to talk to a Lady; How depression and anxiety can be thought of as signs of inner strength and conviction as opposed to weakness; Evolutionary Psychology; Turning the table on a bully; Our societys ironic love of drama; My desire to make the terms Bully...

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