



Beyond the Good Girl Jail: When You Dare to Live from Your True Self

Sandra Felt

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Contrary to common theories, it is not only good to focus internally, but it's actually healthy to the point of being crucial to developing a loving, spiritual self. Here, Felt uniquely describes the process of that growth and how each step feels in vivid detail, utilizing right-brain language and poetry that emphasizes experiential maturation in addition to left-brain comprehension.

Beyond the Good-Girl Jail is unique in that it is written from a neutral, encouraging, developmental point of view, rather than a mental health point of view, which is sometimes interpreted as judgmental and shaming. It is theoretical in the basics, yet practical. It is psychological, yet not steeped in pathological jargon. Part of the appeal of Felt's approach is her use of case examples and illustrations of the "Self Principles" in various common situations. When you listen from a deeper place, you hear a deeper truth.

This stick-to-the-ribs book will have readers thinking long after reading it. They will not only remember the words and stories, but they will experience a shift in their language and a surprising growth in their choices.

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