



# Perfect Lies: Overcoming Nine Hidden Beliefs That Stand between You and a Healthy, Joy-Filled Life

*Jennifer Crow*

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Are your innermost thoughts robbing you of health and happiness? Jennifer Crow knows what that's like. She always tried to do everything right—so she was shocked when her seemingly perfect life began to fall apart. Diagnosed with a dozen chronic health issues, she entered a deep depression and spiritual crisis. And as everything unraveled, Jennifer began to see how the perfect lies she'd told herself—lies like “I must prove myself because my worth depends on what I do” and “I must gain the acceptance of others because their opinion matters most”—were literally crippling her body, mind, and soul.

In *Perfect Lies*, Jennifer reveals nine key lies that held her back, walks us through her journey of miraculous recovery, and shares practical techniques for overcoming these same lies in our own lives and finding true freedom instead.

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