



LIES THAT SHAPED YOU

**An Unconventional Practical Guide to Help
You Rewrite Your Reality, Elevate Your Life
and Reclaim Your Freedom**



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NOTE TO YOU

"Dear society, if you cannot inspire me, do not demolish me either."

Let's start with a question. What would you go back and tell your younger self?

After nearly finishing my writing for ANOTHER book with a completely different topic, I suddenly changed direction. I found myself being called to write THIS book and talk about this topic instead. Why? Well, I asked myself very two simple questions:

If today was my last day on this earth, what would I want everyone to know?

What would I go back and tell my younger self?

The information in this book was IT.

And trust me, I went down a really deep rabbit hole learning and unlearning all that I've been told from society over the years. Heck, I'm STILL unlearning today.

That's life.

Unlearning the things that are no longer serving you.

Unlearning the things that are not aligned with your true soul purpose.

Unlearning the things holding you back from your greatest potential.

So, from my heart to yours, I do hope that one day I can connect with every single one of you who decided to read this book. What I would give to sit down with you and listen to your life stories; the good, the ugly and the hard.

But what keeps my heart happy is that I know that by reading the words in this book, we will become connected like no other through our journey of growth, unlearning and awakening. Also, I know time is one of THE most valuable and precious assets you have in this lifetime, so I just wanted to thank you for gifting me with some of yours as you read this book.

Now, a little note:

No matter who you are or where you're from, please approach the concepts in this book with an open mind and see what aligns or resonates with you.

Your truth is individual to you. No one can tell you otherwise. Your truth is yours and yours alone. Your truth does not need

validation or proof. You can feel your truth in your bones and this is what I want to ask for you to become aware of.

What resonates? What hits a cord? Triggers you? Pay attention.

I simply want this book to be a source of insights, awakening and breakthroughs to encourage you to break free from the invisible cages that may be holding you back. The cages keeping you small.

My hope is that the knowledge and tips in this will help you finally step into freedom. Not perceived freedom. But real and authentic freedom that is yours.

My own journey of discovering, learning and unlearning was born when I hit an emotional, mental and physical rock bottom, which is something I would never wish upon anyone and trust me, you'll get the details of that later.

But this is why writing this book just poured out of me as soon as I decided to write it. I knew these new ways of thinking were needed for this current society with all the struggles that we are facing as a whole.

This is why I put everything I know into this book.

This book is written not only for you but for generations to come.

I feel so grateful to know that the knowledge can be accessed by anyone who feels called to make changes before hitting any sort of emotional, mental or physical rock bottom. And if rock bottom is the place you currently are at, this book is especially for you.

Even if you're feeling lost, frustrated or unfulfilled and desire to finally be the MAIN CHARACTER in your life story – the one in control, then you've definitely picked up the right book.

If you walk away from this book feeling a newfound hope, inner peace, or had a light bulb moment then...that is gold.

So, from my soul to yours, thank you for choosing this book. And most importantly, thank yourself for showing up for yourself by reading this book. I'm honored we get to spend this time together. Now, shall we begin?

PREFACE

“Society attacks early, when the individual is helpless.” – B. F. Skinner

Here’s the harsh truth: **You’ve been lied to.**

Dear you,

You have been fed a whole bunch of lies.

For much of your life, you have been told certain things that you, over time, came to believe were true. They may still be true to you. You were given labels, classifications, put in boxes, and told that you were only meant to go so far.

You may have been told that you are not strong enough, not smart enough, and even not aggressive enough. That your level of “intelligence” isn’t great, and that is why you will never succeed. That your attitude will just not be accepted in the corporate world.

You may have been told that your perceived weaknesses and flaws are holding you back from learning certain subjects, accomplishing certain tasks, earning awards, or being a leader.

You may have been told that only “lucky” people get ahead in life. That you must fit in to achieve success. That you need to look a

certain way, eat a certain way, or talk a certain way to be loved or desired.

You may have been told that your dreams will never come true. That you have to settle. That you will never find what you want out there.

But... you are being lied to.

These inaccuracies that have been and are continuing to be pushed by society are simply wrong. This society is still immersed in the limited mindset of the past.

But now, as more and more individuals are stepping up and sharing their stories, we are finding out that these beliefs are simply not true. That we have only been fed lies by society.

It's usually when people hit their mid-life crisis that they start to wake up and see the truth, but by then, they feel it's "too late" for them to make any changes or get out of the game.

They feel like the truth had already been snatched for them and they lived a life of lies.

Well, it is time we start paying attention and putting an end to this.

No longer should we buy into the lies about what success is, what happiness is, what defines our worth, what it means to be

masculine or feminine, and so many more things that we have been fed.

For a long time, I was totally brainwashed into thinking I was fundamentally wrong just for the way I was. And I'm sure you've felt that way too. All these lies (as well as so many more) have made us believe in things that messed up our bodies, minds, and emotions. They have pushed us into buying into things that negatively impacted our physical and mental well-being.

But once you find and understand the truth, you become immune to all of those lies. You finally set yourself free. You break out of all those chains and ropes that have been holding you down, the cages and ties deeply wrapped around you. You put an end to the never-ending cycle that has been going on for what feels like forever.

It's none other than these sneaky little lies that come together in a symphony and brainwash billions of us into doing, buying, and eating things that are bad for us. We end up spending our hard-earned money on large companies who get us addicted to ingredients that destroy our health. And it's not just hurting us, but our children and the entire generations to come. The same goes for future generations. And so, the cycle continues.

The key to breaking free is to wake up and see through all the lies that we have been fed. Once we stop falling for the lies, we take away the power that these companies have. We strip them of this power that enables them to destroy our health and well-being.

So, let's put an end to this deception that's been affecting billions of us.

Share this book and let's open everyone's eyes to the truth.

Imagine if we could finally, together, leave this matrix, this rat race, and the toxic system that we're all tangled in. And be free. No longer trapped by the fake limitations we thought were holding us back. No longer limited by the labels we were given in high school.

The power of labels can be incredibly toxic when used in the wrong way. Growing up, I was given all sorts of labels like "introverted," "weak," "dumb," "chubby," and even "too girly." I also suffered with a stutter that caused me horrible anxiety. But just because some people in high school slapped those labels on me doesn't mean they are true. Or that I would be held back by them.

Now, let's take a step back and talk about how these beliefs get programmed in us in the first place.

It all starts with our development in early childhood, when our minds are like sponges. Between the ages of 0 to 7, we soak up and absorb everything around us. In essence, this is when most of our subconscious programming happens (also because we're in a theta brain wave state during these years of our lives). And if we don't actively work on changing those beliefs, they will keep running in our minds even today.

You see, back then, our little minds didn't have any existing belief systems to oppose the new information. So, we just silently kept accepting everything that we learned as truth. We simply had no previous experiences to challenge the new input with. And that's how we end up with firm beliefs from our early childhood days that stick with us for the rest of our lives.

By the age of 7, we have this firm set of beliefs that becomes progressively tough to change. All the information we have absorbed and stored throughout the years stays with us the rest of our lives – unless we make a special effort to challenge and change it.

And, as we pass that age, whenever we come across new information, our subconscious mind assesses it against our existing beliefs to see if the former fits. Then, it either accepts or rejects the new information based on that. This is why our minds are often

biased and choose to only accept experiences that confirm our current belief systems and disregard the rest.

For example, if you have firm belief that “everyone I meet takes advantage of me,” then you will only focus on the relationships or friendships where you feel this belief has been confirmed, instead of acknowledging the healthy connections you might already have in your life, which sadly don’t receive your attention.

Let’s take another belief as an example: “I will always be chosen last.” When you have this belief, your attention will solely be on experiences where you have been picked last, be it during your school days, college years, or even in your professional life. These types of beliefs are what often lead to self-fulfilling prophecies, since you are already expecting it to happen.

This explains why our early experiences have the biggest impact on our happiness and level of success in life. Our beliefs become the core foundation for our perception of the world afterwards.

Now, beforehand, I was completely unaware that we even had subconscious beliefs, and that these beliefs make up **95%** of who we are today!

I only came to learn this during one of my Clinical Hypnotherapy trainings and, to say the least, I was shocked.

Frustrated. Annoyed. Cheated. (These words definitely summed it up)

How was this never taught to us before?

That's why lasting change is so damn difficult.

How are we NOT aware of where 95% of our programming and beliefs come from? That these beliefs make up 95% of who we are?

How are these beliefs (that we were so unaware of) driving our choices, behaviors, and emotions?

Everyone has a motive for doing the things that they do.

And here I am, writing this book. So, what is *my* agenda?

Well, I simply want this book to be your catalyst for freedom. The key that unlocks and reveals the truth hidden behind all the lies. My ultimate goal is to open just one person's eyes to what is really happening around us. To be conscious of the systems we've been put into and have become stuck in.

That is how I define success for me and this book – expanding your mind, helping you reach a whole new level of awareness, and ultimately giving you the freedom you so rightly deserve.

The freedom to CHOOSE what you really want in life, not what society or school or even your parents tell you to want. The

freedom to live the life YOU want. Because, guess what? Your dreams were given to you for a purpose. They are meant to be pursued, to be lived out, so you can have the life you've always wanted deep down. And let me tell you, you deserve it. You are worthy of it all.

This book is aimed at widening your mind to the possibility of what is possible for you. Please use all the information you get from here and use it as tools to break free from the system, discover your own truth, and live life on your own terms.

So, are you ready to dive into the rabbit hole?

INTRODUCTION

THE CAVE

You're in a cave with no light in it other than a fire.
In the cave, you're one of the prisoners chained up facing a wall.

The wall is the only thing you see.

Behind you, there's a fire that casts light and shadow on the wall that's in front of you.

You don't know this nor do you see this, but there are people who walk on a raised walkway with puppets which create shadows on the wall of your cave.

So, naturally, you perceive the shadows you see on the wall as your reality.

Because that's all you know, that's all you've ever seen.

Being in this cave is your life.

Then one day, you find a way and escape the cave. You become free. Free from everything that you thought was reality.

You begin to move into the real world and you gain a greater sense of what is real.

You see the sun and find yourself speechless of its ability to give light and life to this other world.

You begin to realize that there was another life outside of the cave all along – A much more beautiful and brighter life.

You realize that what you knew before was not the truth.

Slowly, you begin to reach another level of understanding of life. After experiencing this greater reality, you're excited to return to the cave to convince the others to escape and experience this outside world with you. But when you return to the cave, your eyes can no longer see in the darkness of the cave. You're no longer able to see the shadows of the objects on the wall, which was all you knew before.

The others laugh at you as your eyes cannot adjust back to the darkness inside the cave.

And you realize that you can't stay in the cave any longer after experiencing this other new world.

You can no longer be a prisoner.

Because once you've gained this knowledge of more, going back to complete ignorance is impossible.

"The mind, once stretched by a new idea, never returns to its original dimensions." –Ralph Waldo Emerson

Hi There!

What you just read was a much MUCH simpler re-telling of the allegory by the philosopher Plato called Plato's cave.

What I love about this story is that there are so many important lessons we can learn. When I first heard this story while studying Philosophy at A level, it stuck with me. It was like truth smacked me in the face, and I couldn't get it out of my head.

The allegory digs into the idea of how humans perceive reality and if human existence has a higher truth. In simple terms, I believe the prisoner who escapes the cave represents an individual seeking knowledge. We're all trapped in some sort of "cave" keeping us imprisoned.

Are we in a cave as well? Is there some grander, more beautiful reality beyond us? Waiting for us to discover?

Whether it's our limiting beliefs, false stories, childhood experiences, or societal conditioning, it's our responsibility to find our truth and create the reality we desire on our own terms. All of the brainwashing we've received is only holding us back. And it's on us to break free.

This idea of questioning our reality and our own perceptions is a theme seen in movies such as *The Matrix*, *The Truman Show*, and books like *Fahrenheit 451* by Ray Bradbury.

Think of movie *The Matrix*, where a group of people are shown being obedient, on auto-pilot, just going through the motions while a dark truth about their reality remains concealed and hidden.

Think of the movie *The Truman Show*, where the main character Truman Burbank lives in a false reality with his every move being filmed and broadcasted to millions of households, until one day he discovers that his life is all a lie.

Think of the book *Fahrenheit 451*, where the main character pulls away from society and its rules in order to find the "true" society.

Look how, in all these examples, the character begins in a state of ignorance then learns that they must transcend out of this state into a world of knowledge to learn the truth.

Just like Plato's "Allegory of the Cave", escaping the cave is required to grow as a person. And this book is here to help you break free from the shackles from the cave that's been holding you back. It's time to say goodbye to all those false stories you've been fed about yourself, the lies about what you can and can't do, what's possible and what's not. It's time to unlearn those limiting beliefs that were drilled into you when you were just a child.

By simply picking up this book, you're one step closer to the sweet freedom of becoming the person you're destined to be.

Writing this book was probably the hardest thing I ever did. But the book is now complete, and I'm honored to place it in your hands.

This book was so difficult to write because it required me to go into the depths and shadows of myself that I have been avoiding so that I can be completely and utterly vulnerable with you.

This is a book I needed to read myself.

And I'm so happy it's finally done.

All you need to achieve your freedom is here.

It's right here in the pages of this book. Yours for the taking.

I want this book to be a beacon of hope, a reminder that your current life can transform into the dream life you've always wanted. I mean it. It really can.

If mine did, yours definitely can too.

The Game

Many said life is meant to be a struggle.

Many said that all rich people are criminals and evil.

Many said having a university diploma is required for success.

Many said your job is everything.

Many said you can finally “enjoy your life” when you retire.

Many said entertainment and bingeing TV is the best way to relax.

Many said buying more things makes you happy.

Many said success is having a 9-5 corporate job.

Many said being feminine is weak.

Many said you can't have it all.

Many said making money is difficult.

Many said only lucky people get what they want.

Many said women need to be thin in order to be attractive and desired.

Many said being perfect is what you need to be to succeed.

I believed in all of this...before I knew.

So, you might be thinking, "Whoa, that was a lot to take in."

It is. I know.

But don't worry, I'm with you.

When I learnt the truths I'm sharing in this book, my reality of what I thought was "true" completely shattered. That's why I must warn you, after finishing this book, you will see the world differently.

Everything will look and feel different.

You will begin to notice things that you may have not noticed before.

You will be more aware.

More conscious.

More awake.

More in control.

And most importantly, more powerful.

You will understand how to remove limitations and blocks that have been sabotaging you this whole time. You will understand how many of these blocks are actually self-created and learn how to master your mind, body and life.

When you learn the truth, it's like finally cleaning your glasses when you didn't even know your lenses were dirty all along.

You finally see things more clearly. As they really are.

Not how they were told or taught to you.

Now, let's get one thing clear, this book isn't just some "woo-woo" stuff. Everything I talk about here is real and is sabotaging your work, relationships, finances, success, and happiness.

The lies that you've been fed through societal conditioning are controlling not only your current life but all the previous generations before you.

And you know what the best thing is? By picking up this book, you've already decided that enough is enough.

It's up to you to take responsibility to become the one who will break the societal and generational patterns.

Because, honestly, it's not your parent's responsibility, not your teacher's responsibility nor your friend's responsibility to help you become the person you know deep down you are destined to be.

Trust me, I know it's so much easier to blame society, your parents, your grandparents, the government, the media or your culture for your unhappiness or lack of success and fulfillment.

I did for a long time as I lived in blame and victim mode for the majority of my life.

But then I realized I just became like the majority by complaining, huffing and puffing and wishing my life was different... but taking NO responsibility for anything and not making any changes.

I mean, every day I was doing the exact same thing, thinking the same negative thoughts, mindlessly scrolling social media, people-pleasing and choosing to focus on the lack that surrounds me... How in the world did I expect miraculous change when I was in such a low vibrational state?

“Insanity is doing the same thing over and over expecting different results.” – Rita Mae Brown, Sudden Death

I mean I didn't like being around ME. So why would abundance, love, and fulfillment come and join me when I was sending out this misery into the world around me?

But after hitting my lowest rock bottom in my mental and physical health, I had no choice but to take responsibility and wake up so I can wake others up too.

THE REALITY

It's absolutely absurd how the majority of us are feeling unfulfilled in our day to day without realizing that we are just one step away from living an EXTRAORDINARY life.

Just because it's become the norm for everyone else to settle for an average "meh" life doesn't mean you have to follow suit.

"It's lonely at the top. Ninety-nine percent of people in the world are convinced they are incapable of achieving great things, so they aim for mediocrity." – Tim Ferris

Isn't it funny how we entertain children when it comes to their big dreams, but then frown, scold, and shake our heads in dismay when adults say they want more in life and aren't happy with the status quo?

It's because the majority of people are living on auto-pilot, and that's what society deems as "normal". If you truly desire a life

that is beautiful, fulfilling, exciting, filled with passion, you're immediately labeled as a "dreamer" or told to "be more realistic."

Take a look around you. The majority of people are comfortable with just settling for the average, mediocre, lowest update of their version of their lives. I've found that they'd rather stick to the same old routine than chase after something bigger and more amazing. They actually do anything to AVOID living a larger, grander, and more beautiful life. A life that is their dream life.

And that's not even their fault.

It's just the system around us that we're stuck in. It's not designed to help us thrive or empower us. It's built to keep us compliant, not encouraging us to dream big.

They want us to be workers, not thinkers.

That's why we're given rules of what's "normal" and what is expected of us.

They want us to fit into their little box.

That's why we're told that we're only capable of so much. That we have a limited level of potential and skill.

They want us to settle for a small, mundane life with a stable, steady income (even if we're unhappy or completely miserable).

That's why we're made to believe that this kind of mediocre life is the "dream" and we shouldn't ask for more.

They want us to believe that wanting more is selfish and greedy.

Have you noticed how movies and shows often portray rich people as evil and corrupt? So, of course, YOU shouldn't want money. Because money is, of course, the root of all evil. Because it will "change you and make you some sort of criminal" too.

Society then tells you to look at the people who dared to pursue their creative dreams and how they all ended up becoming starving artists, barely scraping by. So, of course, you shouldn't follow your dreams. Because it will make you "broke and desperate" too.

But guess what? Those beliefs are IMAGINARY. They are shaped by the false ideology created by society's rule of keeping us small and limited.

The truth is that you are a limitless being. You have infinite possibilities at the tips of your fingers. You can create, be, do, and be anything your heart desires.

Look at the nature that surrounds you. Do you see anything that just stays stagnant or the same? No, right? That's because nature

and the universe is forever expanding and growing. If they stop moving, they simply cease to exist.

And you know what? You're just like that too. You also have this immense potential within you that knows no bounds. So, shouldn't it be your natural purpose in life to reach your potential and keep growing as well?

Nature never says still. And neither should you.

Now this idea of you being limitless might sound familiar to you. Why?

Because, deep down, your soul has always known the truth. It knew all along how powerful and limitless you are. You knew it as a child before society got its hands on your mind and knocked the truth out.

Your true self has been patiently waiting for you to wake up.

And now, the steps highlighted in this book will help you wake up, shake off those limiting beliefs, unlearn false stories about yourself, and tap back into your infinite realm of possibility.

This book will equip you with what you need in order to become the person you've always wanted to be. To become the dream person your younger self believed they could be.

The knowledge in this book will set you up for the rest of your life.

If you let it.

Before you continue, I want to remind you that we can only strive to become better, NOT perfect.

Life is all about course-correcting, adapting, and growing.

You aren't given this one life to just simply survive. It's your duty to live a life where you thrive. A life that fills your heart with joy. And not only for yourself, but also for those who hold dear.

Think of it like this: Each one of us is all tied up tightly with ropes, keeping every body part in place, keeping us stuck. These ropes hold us back from reaching our full potential and living our best lives.

The ropes are like baggage that we've picked up along the way. Each rope is created through negative past experiences, traumas, fears, failures, insecurities, self-limiting beliefs, and rules that we "should follow".

But here's the kicker: The strongest ropes holding us back are the invisible ones. We don't see them. We don't even know they are there. They are like invisible puppet strings that control us without us even knowing it.

These invisible ropes are usually the conditioning we've received from society and the collective lies that we've been programmed with – which this book will dive into.

This book will help you get a pair of scissors to cut through all these ropes and finally break free.

It's time to prioritize yourself, level up your life, and become the best version of you possible.

This book is not your typical self-help nonsense.

It will give you the tools you need to achieve freedom in all areas of your life.

No more being stuck in the rat race. It's time to craft your own happiness and success. It's time to help yourself so that you can help others too.

With this book, you'll be the one calling the shots. It will give you the freedom to live life on your own terms, not someone else's.

This book gives you the building blocks to where this freedom resides, no matter what your past circumstances or mistakes may be. It's about time you broke free from the system or the "rat race". Despite how deep you think you are in it, let me tell you...

There is ALWAYS a way out.

You'll see.

This is especially true in this time we live in, where a universe of knowledge is just a tap away on the small device that's always in our hands.

A time where you can build a million-dollar business online right from the comfort of your cozy home, while you wear your PJs.

A time where YouTubers, gamers, or TikTokers are making 7 figures.

A time where you can connect with people from all around the world in an INSTANT through social media or video calls.

A time where what was previously deemed "impossible" has become part of our normal day to day.

I mean, we are talking about creating a whole civilization ON MARS. If that doesn't sound too "crazy" of a goal, how is you changing your life into a life that is beyond your wildest dreams crazy?

This book will help you make the choices you want to make, rather than blindly obeying and following what the market or society tries to shove down your throat. Forget those multibillion-dollar advertising industries that continuously tell you what to eat, when to eat, what to buy, what's trending, what's attractive, or how you

should look. Don't let them think they can control your every move anymore.

It's finally your time to break free and live life on your own terms.

And can I be honest?

I have huge respect for you choosing to read this book. For choosing to improve, grow, challenge, and change your life for the better. Because, honestly, most people don't.

Most people prefer to stay in the small, the comfortable, and the familiar. But not you.

We both know you're not most people.

That's why you're here.

It's a pleasure to meet you.

WARNING: Before we go any further, I just want to make sure that you're ready to continue.

Because once you dive into this book, there's no going back.

What you will learn here, you can never unlearn.

Just like that scene in The Matrix movie when Neo made the choice to take the red pill. Your life will be changed forever.

Trust me, it's easier to ignore the signs, stay passive, and continue living within the seemingly cozy bubble society has built for us.

There, it feels safe.

But as it may be safe, it keeps you small, caged, and constricted.

Is that really what life should be about?

The way society has been fundamentally created actually crushes our spirits and potential.

This book uncovers the ways we've been cheated through the schooling system, the "corporate" trap, the ridiculous pressure to "keep up with the Joneses", the toxic beliefs we're fed about money, lies about our self-image, self-worth, fad diets, and so much more.

This book will uncover how we, as individuals, have been misled toward living unfulfilled lives, constantly chasing the next "new thing", comparing ourselves to everyone else, and making bad decisions along the way.

I'm here to tell you that ignorance is NOT bliss.

But how can you escape a cage you didn't even know you were trapped in?

Well, my friend, you chose and picked up (or downloaded, heck, it's the 21st century) THIS book for a reason. A reason that could be so much bigger than you ever thought to believe.

This book will allow you to wake up from the hypnotic slumber you've been put under, thanks to societal conditioning.

I mean, why is it that when a baby is born, they call it a miracle; but as we grow older, we are just expected to settle for the mediocre?

You shouldn't be OK with just being mediocre.

You should aim for something more. For fulfillment. Excitement. Happiness. Peace.

"The big win is when you refuse to settle for average or mediocre," – Seth Godin

And hey, one QUICK thing: if you don't make courageous choices for yourself, no one else will.

This book will help you see that there is not only one path to freedom, but limitless pathways.

Yet every path starts with the same moment. **The bold moment when you decide to choose yourself.**

The purpose of this book is to help you break free from the mental and societal cages, the matrix, and the limiting system in order to be the driver of your own life and take control back.

And hey, feel free to join the inspired Instagram community on [@inspirewithyas](https://www.instagram.com/inspirewithyas) to always feel supported, seen, and heard. Also let me know if you're reading the book too!

WHO IS THIS BOOK FOR?

This book is for the person who has dreams that others might not understand.

The person who wants to be an independent thinker.

The person who is searching for more out of life.

The person who no longer wants to be a victim to society's choices.

The person who has tried the "traditional" way but it hasn't worked out.

The person who wants to finally feel understood and empowered.

The person who has dreams that others might not understand.

The person who is fed up with playing by the other people's rules.

The person who is unfulfilled and wants to reclaim their life back.

The person who wants to feel free and happy in all areas of their life.

The person who feels like their life isn't complete and is searching for that last missing puzzle piece to finally experience happiness, success, and freedom.

If any of the above resonated with you, then maybe this book is the very thing you need.

It's time to start thinking for yourself. Don't let society think for you any longer.

This leads us to the big question...

Are you ready for breakthroughs?

Because let me tell you, there's a whole lot more to our reality than what you've been told and taught.

This book can change your life, but only IF you're willing to let it. If you're open to the possibilities.

It will help you break free from that limited mold that society created to keep you small.

This book can be your ultimate guide to finding true freedom, no matter what your past looks like and no matter how far deep you think you are in the system.

Remember – there is ALWAYS a way out.

Plus, as a BONUS, while reading this book, you can access my “secret proven success formula to making your goals a reality (in under 1 year)” for FREE by visiting my website:

<https://www.inspirewithyas.com/goalsettingebook>

This book is not your typical self-help nonsense. It’s a book that will help you **thrive** and no longer simply just survive. And most importantly, not settle into a life that you don’t desire.

Disclaimer: Whenever the word “they” is mentioned throughout this book, think of it as the system that society operates from. It is not aimed at one person, one government, or culture. It’s about the whole system we are born into and are currently living in.

And hey, I may be the author of this book who’s holding a brighter lamp with this knowledge, but I’m still wandering through the dark caves right alongside you while I continually grow, unlearn, and relearn too.

Now, it’s time to take things to the next level.

Get ready to dive in together.

It's time to seriously question the way things have been done in the past, to rewrite YOUR OWN RULES and do life and business YOUR way.

Are. You. Ready?

CONNECT WITH ME

Dear you, I'd like to say a huge thank you for choosing to read the first free part of Lies That Shaped You..

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It's time we all elevate our lives and reclaim our freedom.

Our future selves will thank us.

So from my heart to yours, thank you,

Yas