



Imagine.

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You walk into an office...  
and there sitting on a table...  
is a stack of \$100 bills...



Just then, a young woman walks in the door...



“Oh, it’s you. I’m glad you’re here. We’ve been waiting for you,” she says.

“Waiting for me? Why?”

“See that stack of cash on the table, the boss wants you to have it, but he does ask one favor in return. It’s perfectly legal, it’s not a contest, and it has nothing whatsoever to do with any kind of home business. Are you interested in learning more?”

You think about it for a minute. You could sure use a stack of cash right about now, but there has to be some kind of catch, right?

So, you ask, “What’s the catch?”





“You have to read a book. That’s it. Just read it and try the ideas it offers.”

Your curious and you ask, “What’s in the book?”

“It’s all about you,” the young woman says.

“What do you mean it’s about me?” You pick up the book and read the author’s name. “I’ve never heard of the author, Murray Ireland.”

“Well, maybe that’s the problem,” she says. “Maybe if you’d heard of him and understood his work, you’d already know the answer to your questions.”

What questions?”

“Have you ever wondered why bad things

happen to good people, or why so many people are so angry and unhappy most of the time?”



You nod your head. You might never have asked those questions out loud, but you have wondered about it. Come to think of it, you’d been that way yourself from time to time.

“But, what does that have to do with the stack of cash on the desk?” You ask.

“What would you say if I told you my boss said you can have the value represented by that cash if you’re willing to do two things?”

“I’d ask what two things I have to do,” you tell

her. “Good,” she said. “Well, first I already told you have to read a book. Second, you have to buy the book. It’s \$50, but it comes with a 100% money back guarantee. If after reading it and putting honest effort toward what it teaches, if you don’t feel it’s worth 10 times what you paid for it, just return it and we’ll cheerfully refund your money.”

“Really? What keeps me from reading and just sending it back even if I like it?” You ask.

“Nothing, except we’re asking you to put some effort into what the book teaches. Once you do that, we don’t think we could buy the book back from you even if we offered you a whole stack of cash.”

“What kind of person would offer that kind of deal?”

The lady smiles at you. “Perhaps only a madman would make such an offer, but that’s the offer. You’ve got nothing to lose and everything to gain. This isn’t a contest for a chance to win, but rather, you were guaranteed at least a \$1,000 value, maybe even more. Will you take us up on it, or would you say no?

If you’re still reading, you’ve just shown that you have what it takes to accept at least a \$1,000 value in exchange for just \$50.

But, by now, I’m sure you’re wondering what this is all about.

### **Is it just another scam?**

No, and we'll prove it with our ironclad money back guarantee.

### **Is it some sort of business opportunity or pyramid scheme?**

No. Absolutely not. There is no selling, no buying of inventory, no so-called "gifting" required. In short, the only catch, if you want to call it that, is purchasing a book, reading it, and gaining information that could literally change your life.

Why does it often seem that the only kind of luck is bad luck? Is your whole life a testimony to Murphy's Law? If you don't already know, Murphy's Law is an adage or epigram that suggests that anything that can go wrong, will go wrong. Does that sound like your experience in life? Would you be surprised to learn that it sounds like the experience of hundreds of thousands of people?

What if there were ways to end the negative effects of Murphy's Law? Even more importantly, what if there were ways to turn Murphy's on its head and create a new adage to describe your life, which suggests anything that could have gone wrong, will start going right?

What if investing just \$50 and 30 days were enough to begin making positive changes in your life? And what if in the process, you could pocket a \$950 or higher value?

We're not offering you a job or asking you to invest in a business. This has nothing to do with following some self-proclaimed guru's path to riches. We all know down deep in our heart that stuff doesn't work. Don't we? Sure we do.

Yet, we can't paint the whole world with Murphy's Law and say every opportunity is worthless either. Can we? Here's a fact: there are some people who truly desire to help you. That's their life's mission. I know, because I met one such person. His name is Murray Ireland and he literally wrote the book discussing why most people caught in a trap of sadness and despair. He calls his book, "*What Prison Do You Live In.*" The title is appropriate, because many people do get caught in a kind of prison. It is a prison of sadness and depression. Understanding what is imprisoning us is the first step to finding the keys that will release us into freedom, happiness, and the ability to live a wonderful life.

Mr. Ireland's book will teach you why the process of becoming happy and free may not be simple, but it is quite easy. Like all real opportunities, the process requires a true investment of your time and efforts to make it work. You do know that anytime someone promises you success without work, their offering a scam, right? It has been said that the only time success comes before work is in the dictionary.

Real opportunities do require effort, so the real question is, are you willing to work for success? Aren't you tired of all those get rich quick schemes? This offer is most definitely is NOT one of those. We already promised that you would never have to sell anything to anyone and we're going to keep that promise. We also promise you'll never be asked to invest a penny more than your original \$50. And most importantly, we promise if you will follow the teachings, tools, and techniques offered to you, you'd get at least \$1,000 worth of value, and probably more.

The reason we can't promise exactly the value you'll receive isn't because of some hard to understand marketing plan. It's because we don't know how hard you'll work to accomplish your goals. Frankly, you'll get out of this offer a value exactly proportionate to the effort you put forth.

So, you're probably wondering if we're not offering you a business, a multi-level marketing system, a gifting system, or any other system that you have to advertise or tell others about, exactly what are we offering?

We are offering you a 100% guaranteed process to systematically and dramatically improve your life. Would it motivate you to learn that more than 5,000 people have used this same process to do far more than simply earn money? Would it motivate

you even more to know that this process quite literally saved the lives of some people? It did.

You may have heard it said that what got you where you are today, won't get you where you want to go next. In addition, you may have heard it said that, "You don't know what you don't know."

Until you learn what you don't know, precious little is going to change, but don't worry, because each time you learn something new, a whole new world opens up in front of you. But the process works **ONLY** if you're willing to follow it and do the hard work required. We cannot do that for you. No one can. But if **YOU** are willing to invest your time and \$50 of your money, we guarantee you a value far beyond \$1,000.

Someone is about to decide to do the unthinkable and take the risk of improving their life. Is it you? Someone else is trying to honestly help you. He's not asking you to sell anything, talk to anyone about anything, advertise anything, or even believe anything you won't see with your own eyes.

Take the first step. Invest your \$50 to earn a value in excess of \$950. It's not about an IF - it's about a guaranteed **WHEN**.

Are you ready to make positive changes in your life? Good! Let's get started. Over 5,000 people can't all be wrong. If you were given the opportunity to ask each of them personally, they'd

tell you to go for it. They'd tell you not to wait another minute. Why? Because the information in this book truly did change their lives. It didn't happen on automatic pilot, they had to work for it, but in the end, it did work, and they learned some wonderful things.

But, this isn't about them. It's about you. It's about truly desiring to change your life. You might be surprised to learn that some people would rather stay just as they are, if changing required an effort. If that's you, you might as well put this booklet down now and offer it to someone else. It won't do a bit of good for someone who isn't willing to change.

If you don't believe in your own potential to become better, how can anything anyone offers make you change your mind? The first step in changing your life is beginning to understand yourself. It's about understanding exactly why you are the way you are at this moment in time.

Let's start by asking another question. Have you ever done something that you KNEW was the wrong thing to do, but you did it anyway? Would you be surprised to learn it wasn't your fault? It wasn't, and if you'll stay with us, we'll prove it.

For now, ask yourself why you would do something you knew was wrong? Do you even know why? To be honest, most people don't know. But, those more than 5,000 people we talked about



earlier, they all know. They've learned the whole truth about why they are the way they are. They've also learned and practiced the steps-by-step process to avoid ever having that happen again. Want in on that secret? It's all part of what we're offering.

Let's be frank. There are other ways of getting the information Mr. Ireland speaks of in his book. You could invest \$200 an hour with a psychotherapist and in a year, five years, or a decade; you MIGHT learn what you could learn from Mr. Ireland's book. Go ahead, do the math. If you were to visit a psychotherapist for one hour per week for just one year, you'd be spending more than \$1,000.

Instead, you can invest just \$50 and get the equivalent of four or even five years worth of treatment. Mr. Ireland is a retired master social worker with nearly 50 years of clinical experience. The price for everything he learned in all of that time? You guessed it. Just \$50.

What will \$50 buy you in this day and age? It might buy dinner for two at a nice restaurant, unless you order a couple of your favorite beverages. In that case, it might take more than \$50 to pay the check. \$50 may buy evening out at the opera, some tickets to a few sporting events, or one bottle of good wine.

Would you rather have any of the things listed above or knowledge that can turn your whole life

around? What would it be worth to you to get at least a \$1,000 worth of knowledge?

Murray J. Ireland, M.S.W. wrote the book that goes into great detail about the field of psychology and how it can benefit you. It took him nearly a half-century of professional practice to gather the information. If you were to pick a psychotherapist from a phone book and call them, what do you think they'd say if you asked about their guarantee? That's right, they'd laugh at you and hang up on you.

So, instead of spending potentially thousands of dollars on an average psychotherapist, you can choose to learn from the man who literally wrote the book on psychotherapy. At only \$50, it has to be one of the best deals ever to improve your life. Still not convinced? Like we mentioned earlier, your local psychotherapist isn't going to guarantee you anything except that you'll find your bill in your mailbox each month. Mr. Ireland will offer you an ironclad money-back guarantee when you take him up on this offer. We'll talk more about the guarantee a little later.

But first, why should you trust Mr. Ireland? After working with more than 5,000 clients over a career of nearly 50 years, Mr. Ireland has seen it all and he knows what make people tick. His new nearly 350-page book, entitled, "*What Prison Do You Live In*" has more information than you'd be

likely to gain from visiting a psychotherapist every week for the next ten years. Imagine what that would cost!

The price would break an ordinary person. Yet, you can have access to all of Mr. Ireland's teachings, knowledge, experience, tools, and techniques for only \$50. It truly is like getting a stack of cash in exchange for just \$50. You could even say it's like getting \$10,000 in value and still spending just \$50.

One of the most important things Mr. Ireland learned in his long and illustrious career is that psychotherapy can be taught in a book. He found out that not only can a book be an effective means of sharing information, it can also be a resource that a person can return to time and time again, anytime an issue arises.

Psychotherapy is about changing the programming in your mind from negative to positive. In other words, Mr. Ireland can help you understand how you came to be the way you are and how to become the person you want to be.

What choices do you have? Sure, you could spend \$200 an hour or more for just one session with an average psychotherapist. Doing that for just one year would cost of over \$10,000, but would you get everything you need to make significant changes in your life? Probably not. Instead, you can spend just \$50 and we'll guarantee you get all the

help you need to improve your life. Mr. Ireland's book will provides all of the information, all of same tools, and an even higher level of help then you would be likely to get from a years worth of visits that cost you ten grand or more.

Mr. Ireland's teachings will point you in the right direction and help you chart the best course of treatment for your situation. He honestly cares about you and that makes him one of the last of his kind.

It is absolutely certain that no one, not even the most expensive therapist in the entire world, cares more about you than you do. When you combine your own self-interest with Mr. Ireland's book, it will be easy to implement processes to help you start feeling better fast. The tools and information Mr. Ireland provides will help you become a happier, healthier, more vibrant version of yourself.

How sure are we? We're sure enough to offer you a money back guarantee. Go ahead, look and see what other psychotherapists are doing that. We already know that no one else is doing it. They can't. We can. It's that simple.

How else can you access nearly a half-century of psychotherapy experience? Nowhere else. Not at any price. Are you beginning to understand the value of this book?

You're probably thinking there has to be a reason why this hasn't been done before, right?

Well, if learning and following psychotherapy techniques in a book would lose anything at all, it would be the communication between the psychotherapist and the client. In the modern era, that's not really an issue because of the Internet. You can interact with more people more easily today than ever before in history. Today is the day to act. You can do it. Mr. Ireland is absolutely sure about it.

What does a psychotherapists do during a session? He or she simply asks you questions. He or she asks you to think back about your past and remember it. They ask you to talk about it, but not for their benefit - it's all for your benefit.

Mr. Ireland has a process that works even better. Would it surprise you to know that the simple act of remembering your own past can be a significant key to your recovery? It shouldn't surprise you at all. Mr. Ireland's book will not only answer your questions, it'll do so with empathy and care.

What Prison Do You Live In?



Murray Ireland, M.S.W.

## About the Book

Murray Ireland, M.S.W. says,

*“What Prison Do You Live In” will help you rid yourself of both conscious and unconscious levels of denial, repression and unhealthy ideologies, but*

*only if you're willing and brave enough to engage in the process. You are the one and only key to your successful psychotherapy treatment. That will be true no matter how much you pay or whom you go to see.*

Why not trust yourself to follow Mr. Ireland's straightforward therapy plan? The purpose of his book is to make psychotherapy open to everyone who can afford a book. Far too many people need psychotherapy and cannot afford the thousand of dollars it often takes to just get started on a successful therapy plan.

That was all true, until now, because the information in Mr. Ireland's book unfolds little by little, just as it would if you were to visit an ordinary psychotherapist. But, you don't have to settle for ordinary. You have been offered access to a truly extraordinary man. With Mr. Ireland's guidance, you'll make quality decisions every day about who you want to become. As with most things in life, the amount of value you get from Mr. Ireland's book will mirror the effort you put into mastering his lessons and using his tools and techniques.

### **How Does Psychotherapy Work?**

Mr. Ireland's book is jam packed with information. When you first get the book, we strongly recommend that you set aside a period of time to carefully read up to the end of Chapter 2.

When you feel that you fully understand what you've learned, go ahead and read Chapter 3 and then spend significant periods of time feeling and remembering what you can about your childhood and early adult life.

Reading at roughly a chapter a week will take you about 35 addition weeks to finish the book. Remember, however, that you can go back to it again and again. It is yours for the rest of your life. You can become the person you most want to be. Best wishes to you in this new struggle.



## Questions & Answers

You probably still have a number of questions about Mr. Ireland. These questions usually revolve around a single, central question.

Is Mr. Ireland full of bull or is he to be believed, respected and paid attention to?

It's a perfect question. I applaud you asking it.

I want to talk with you about big, dramatic, dynamic, exciting leaps in your personal and family life. But first I'm going to try to answer your question about whether he is full of bull. To be fair, I am trying to sell you something. I want you to invest \$50, that's right, just \$50 in yourself and your future.

I want to arouse your curiosity and optimism and enthusiasm, and convince you not to ignore the path to physical, mental, and emotional wellness. I want you to read Mr. Ireland's book and benefit from his expertise as well as his many years of experience.

Mr. Ireland's book isn't just some more information or more stuff, but a tried, true, and effective means of changing your entire life for the better. But, this book isn't just about plain ordinary experience. It's about expensive and extensive experience that was hard earned in years of private practice.

Unfortunately, the world is overrun with pretend-experts writing books, giving speeches, even getting TV shows, telling people how to "do it" - even though if you could look at their own life, you'd see a tangled web of frustration, anger, and worst of all greed. Most of these so-called experts and guru's want only one thing: your money. What makes Mr. Ireland different is he isn't asking you to sent him thousands of dollars, or even hundreds of dollars. He's asking you to invest just \$50. In exchange for that small investment, he's going to send you tried and true teachings, tools, and techniques that have already led thousands of people out of lives they didn't want and into a brand new day full of hope, freedom, and a greater sense of self-worth.

Mr. Ireland has helped men, women, and children. He's helped the wealthy, the poor, and he's helped people from all ethnic backgrounds. Won't you please allow him to help you too?

You might wonder why Mr. Ireland is charging for this book at all, and that's a fair question. The reason is that anything you get for free loses a portion of its value simply because the person who gets it has 'no skin in the game.' So-called free books are often nothing more than sales pieces devised to sell you an idea, and yes, that is exactly what the book you are reading right now is intended to do. It's intended to motivate you to take a risk,

educate you about the value you get, and encourage you by offering a 100% money back guarantee if this book isn't everything we've promised and much, much more.

If you made an appointment to see an ordinary professional psychotherapist, there would be a charge for that, wouldn't there? Why? Because there is a value in the psychotherapist's expertise. Your \$50 stands as a token commitment from you to actually read the book and implement the teachings.

Mr. Ireland isn't some foreign national company or some academic or professor that came up with an untried idea. He didn't just wake up one morning and decide to be a coach or a guru. He invested nearly a half-century of his professional life in gaining the knowledge and experience he would like to share with you.

Mr. Ireland has started, built, and run a successful treatment center where he's helped thousands of clients. The information he is offering isn't just psychobabble. It comes from real life and helping real people. Nothing in his book is simply theory or some hatched-yesterday idea. It's been tried and determined to be practical and effective.

I think it's important you know that Mr. Ireland didn't start with big money. He started with a simple idea. Help those in need and make it more than just affordable; make it so inexpensive that no

person could seriously say they couldn't afford what he offers.

**The next step in your journey is to join hundreds of others and get Mr. Ireland's book rushed to you for just \$50. This really is an incredible offer, and one that isn't going to be available long.**

## HERE'S A SAMPLE LESSON

*To be born human is to be born in danger  
because everything we come to know and do as  
human beings we must learn from others.*

**Arno Gruen - Betrayal of the Self**

**Please find a notebook and write down your answers to the following questions.**

*What does the above quote mean to you? Write your answers.*

To a trained psychotherapist, the quote means you don't know what you don't know. We all learn things. No one knows everything about everything. Mr. Ireland knows a lot about psychotherapy, and he can and will teach you what he knows if you're willing to learn.

*Write down 10 things your closest friend, relative, or domestic partner doesn't know about you.*

*Why are you keeping those things a secret? Write your answers.*

*How do you feel about keeping secrets from others? Write your answers.*

*How do you feel about others keeping secrets from you? Write your answers.*

*Do you feel differently about keeping secrets from others than you feel about having them keep secrets from you? Write your answers.*

*If you could return to your childhood home and engage your mother or female guardian in a conversation as the adult you are now, what would you say? Why? Write your answers.*

*How do you imagine your mother or female guardian would respond to your question? Write your answers.*

*If you could return to your childhood and engage your father or male guardian in a conversation as an adult, what would you say? Why? Write your answers.*

*How do you imagine your father or male guardian would respond to your question? Write your answers.*

*Do you feel the same way about your parents or parental surrogates than you did in childhood? Why? Write your answers.*

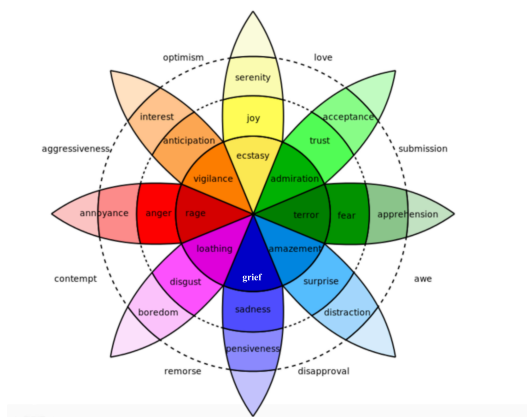
Now, it's your turn. As you read each chapter in Mr. Ireland's book, think about the essence of what he is sharing and come up with questions like the one's in this sample. Reading is a visual exercise, and while it is good, it's even better when you add the kinesthetic exercise of writing. Read your words aloud, and you engage your auditory learning centers. If you can recall certain times in your life and include scents or tastes were present,

you've now engaged your olfactory and gustatory learning centers.

So read each chapter and write questions that make you think and remember back to your childhood and young adulthood. Write questions and answers that are based on your memory. Once they are written, read your questions and answers aloud. Next, sit back and try to remember as much detail as you can about each memory, including what you saw, heard, touched, tasted or smelled.

For an even more complete understanding of your past and a “fast forward” to recovery, also think about the emotions that were present at each point in your memory.

In 1980 Robert Plutchik constructed a wheel-like diagram of emotions. It shows eight basic emotions, plus eight derivative emotions each composed of two basic ones.



Think about each of these emotions and ask yourself which of them were present in each of your childhood and young adulthood memories.

Now, you're full bodily senses are engaged, and you'll be further ahead in no time.

Best Wishes,

Murray Ireland, M.S.W.



## **What is psychotherapy?**

Psychotherapy is about asking questions.  
Questions like:

*How did I become who I am?*

*Am I happy being me?*

*Did I have a choice in becoming the person I am?*

*What were the forces that made me like I am?"*

*Do I want to change?*

*Will the answers to the above questions cause pain?*

*If the answer is yes, do I still want to change?*

### **How can psychotherapy help me?**

Psychotherapy can help you learn how you became the person you are today. It can help you understand why you are unhappy and what steps to take to fix your unhappiness.

### **What would happen to me if I don't seek or want psychotherapy?**

Life is a struggle. A person's childhood can have unforeseen effects on their life. Without help, most people remain unaware of deep feelings that can manifest into repetitive action and struggles. Do know anyone who seemingly keeps making the same kinds of mistakes over and over again? If so, this book is for you.

## **What will you'll gain from psychotherapy?**

People who obtain psychotherapy treatment often begin to finally understand why they are so angry, so guilty, or so damaged. Much of an individual's behavior is outside of an individual's awareness. Psychotherapy can bring these concepts to the forefront of your mind.

Once you begin to understand what caused your issues, you can begins to start dealing with them and start getting better. That can change not only your life, but also the lives of your family.

## **If I follow Mr. Irelands teachings, tools, and processes, what would my life look like?**

Seeing a psychotherapist, whether in person or via a book, is not a "got out of jail" card. Your life will still be hard, but you will not repeat your mistakes over and over. You'll feel gratitude for each day help change your thoughts. Repeated thoughts change things in a person's life. Gratitude comes from all of the things we did not intend.

## **Terminology**

As you read Mr. Ireland's book, you'll be exposed to some psychotherapy terms. Here are the definitions:

**Transference:** Transference is the phenomenon of projection of feeling, thoughts, and wishes on the therapist who has come to represent an object from the patient's past. While these thoughts, feelings and wishes may have been appropriate to the

client's past life, they are inappropriate and anachronistic when applied to the therapist in the present. They may be negative or positive. It is important to realize people do this all the time to others who are their children, spouses, lovers, bosses, etc. These feelings, thoughts and wishes are usually unconscious.

**Countertransference:** Countertransference is when the therapist does not understand or become aware of his or her own unconscious needs and conflicts and projects them onto the client or patient. This would be true of any person professionally responsible for the care of others be a doctor, nurse, dentist, priest, policeman, social worker, or prison guard. Example: The projection of a paranoid attitude onto the client on the part of the therapist who does not want to see it in himself.

**Introjection:** Introjection is the unconscious adoption of the ideas or attitudes of others. In this book, the term introject is used to define an individual who has unconsciously adopted the ideas of another. Children are often introjects. Their psyche identifies with the teachings of a parent or caregiver. The child has no choice but to learn these lessons. An example would be the inappropriate nature of showing private parts of the body.

**Alters:** Parents and caregivers sometimes use their position and power to create a mind construct in their child. This construct, or belief system

becomes part of the child. In psychotherapy this construct is called an alter. In other words, it alters or changes the psychology of the child.

**The Voice:** The voice is another introduced construct into a child by their parents or caregivers. The introject mentioned above changes or alters in such a way that the child may become self-destructive. They believe the negativity being taught and their belief manifests the teaching into a psychological issue that may take years to treat effectively.

**In summary, here's what's in buying this book for you:**

For just \$50 you get much more than \$1000 worth of psychotherapy. We guarantee if you'll give the book 30 days of hard, honest work, you'll learn more, know more, and feel better about more than you ever have in your life. If not, just return the book and we'll refund your money.

**Money Back Guarantee:**

If "What Prison Do You Live In" doesn't help you as promised in this book summary, we will refund your money. The only caveat is we ask you to put forth the same effort you would if you were paying \$200 an hour to another psychotherapist. Is that fair?

How will we know if you put in the effort? It's simple. If you decide to return your book, we'll ask you three questions about the material. Answer

those questions correctly and we'll return your money. We promise, the answers will be easy to find if you've actually read the material. They may not be as easy to find if you're just skimming the material, but if that's what you're doing, you're not really trying the process, are you?

That's all we're asking you do to, just use the book. That's all. Do it and this book will help you and if it doesn't, return it for an immediate refund.

It's time to decide. Are you worth the effort to improve your life? If you are, order this book now and begin this absolutely guaranteed book that will help you dramatically improve your life.

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Want to share this information with someone? They can download a copy navigate to <http://www.easytimepublishing.com/?p=1475> and click on the link that reads, "Download Imagine."

## ABOUT THE AUTHOR

Sharon Ireland, Murray Ireland's beloved late wife, earned advanced degrees in psychology. Her work focused on marriage, family and child counseling.

Murray Ireland experienced a wide range of clinical social work. He has worked in hospitals, juvenile halls, nursing homes, jail wards and children's clinics. During his nearly half-century of practice, he has seen thousands of clients.

Since Sharon Ireland's passing, Mr. Ireland, an 85-year-old retiree, has labored to finish their life work and present the book, which is now entitled, *"What Prison Do You Live In."*

Here in Mr. Ireland's own words are why he spent so much time and effort to provide you this information.

"While there are many strategies used to find happiness, safety and a sense of belonging, most people use some combination of their culture, parental teachings, and religion as a basis. Others utilize rebellion and a search for power. Power may take the form of money, control, or domination and is demonstrated by a person's behavior.

*What Prison Do You Live In* is written for people who feel their life is not working. It presents a process of achieving improved success by modifying behavioral concepts. By defining the

meaning of the term *normal people* and the term *heresy*, the book begins by demonstrating the effect of various parenting styles and the effects of those styles on children.”

The Ireland’s then educate the reader about what can go wrong in the family with the support of our culture and some facets of religion. They quote the ideas of several other well known therapists and authors in detail.

They point out the mistreatment of women and how such treatment negatively affects a woman’s ability to provide a positive and nurturing bond with her children. The book will answer questions about parenting, love, culture, religion, and rebellion.

Every child needs to be and feel safe. Babies spend nine months in relative safety of the womb, during which time they begin to build a tentative relationship with the mother. This relationship is the beginning of what is called the “dance” between mother and baby.

When there seems to be something missing in our lives, more often than not, that which is missing is the presence, peace, and happiness of the mother. This book explains the how and the why as well as the causes of relationship failures.

Too much is taken for granted by people. Often people do the wrong thing simply because no one ever really took the time to teach them the right

thing to do. That's just one of many reasons for the importance of the relationship that exists, between mother, father, and child.

There is so much going on in a person's mind that the person isn't even aware of on a conscious level. Much of your thoughts and feeling occur on an unconscious level and stem from your relationship with your extended family, your view of society, and from the religious teachings you embrace.

*What Prison Do You Live In* is about the forces that can spring upon a child's life and affect their physical and psychological health. Mr. Ireland makes an effort to bring to light all of these forces, such as deception, performance, lies and belief systems.

The problem is that those who choose love can be too sacrificial and those that who choose power can stop caring about other people. *What Prison Do You Live In* explores these and many other ideas.

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