



# Courage to Be Real: Letting the Real You Shine Through

*Susan M Austin MD*

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## **Courage to Be Real: Letting the Real You Shine Through** Susan M Austin MD

There is A REAL you ... .. and that person is magnificent! Susan M. Austin, MD helps you steer your course through the often painful circumstances of your life and encourages you to become the masterpiece you were created to be. In **Courage to Be Real** you will find a treasure chest of insight, understanding, keys and practical tools which will help you to process the negative things that happen and find ways to let your real self come shining through. The journey is seen through the words of some of our most beloved songs: Somewhere over the rainbow, skies are blue And the dreams that you dare to dream Really do come true ... To dream the impossible dream To fight the unbeatable foe To bear with unbearable sorrow To run where the brave dare not go ... When you wish upon a star Makes no difference who you are Anything your heart desires will come to you ...

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