



# Cutting More Ties That Bind: Letting Go of Fear, Anger, Guilt, and Jealousy so We Can Educate Our Children and Change Ourselves

*Phyllis Krystal*

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This is the sequel to Cutting Ties that Bind, and contains advanced information that can be used to release ourselves from more complex systems that program behavior. These include familial and national customs-things we do without even thinking about them-role playing, acting out of superstition, fear of unmentioned taboos, old prejudices, and fears that we accept blindly. This is the book that will make us "see" what we are doing; it will help us release thought-forms; it will help us be kind of parents we wish we had! This very important book is a textbook of effective self-awareness that opens the door to a lifestyle of self-assured and happy people.



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