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The Board of Mis-Directors - Just Who Are They?

I Hear Voices In My Head: Do You Hear What I Hear?

You know what we mean - those internal voices that nag at you? That inner critic that tells you how poorly you did it, and how much better someone else could have done it? The inner dialogue that's so quick to insinuate what others might be thinking of you? The on-going internal chatter listing all the things you shouldn't even consider doing, and why?



They are always ready to tell you how embarrassed or angry or suspicious you should be, how certain kinds of efforts are not worth the risk, how it's always best not to make waves. They find and create drama at every turn, and are totally dedicated to letting you know just how overwhelming, unfair, frightening, and full of suffering life can be.

