



# My Own Worst Enemy: How to Stop Holding Yourself Back

*Janet Davis*

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**My Own Worst Enemy: How to Stop Holding Yourself Back** Janet Davis  
Helps Women Overcome the Limitations They Place on Themselves

Women often find that the biggest obstacle to being all they were created to be is themselves. Though they long to succeed, they can't silence the voice inside whispering, "Just who do you think you are?" Through stories of modern and biblical women, *My Own Worst Enemy* explores both the calling of women to shine and the complex dynamic of self-sabotage that often keeps them from daring to obey. Janet Davis shows women how to break the cycle of shame and self-doubt to achieve their full potential.

Perfect for individuals or small groups, *My Own Worst Enemy* will encourage any woman who wants to stop holding herself back and begin living out her purpose in the kingdom.

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