



Impostor: Gain Confidence, Eradicate Shame, and Become Who God Made You to Be

Rita A Schulte

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Impostor: Gain Confidence, Eradicate Shame, and Become Who God Made You to Be Rita A Schulte **The courage to be yourself**

Are you tired of pretending? Of spending so much time and energy trying to live up to the expectations of others? Of being afraid to show people the real you?

Do you sometimes feel like an impostor in your own life?

So many women today are living the “try hard” life. Trying to be perfect. Trying to maintain control. Trying to be what others want them to be. In her counseling practice Rita Schulte meets women in this place almost daily. In *Impostor* she combines medical research with moving stories from her own life and practice to help you uncover the lies, distortions, and other contributing factors that set up the impostor self. You will learn:

- How five core needs drive our behavior
- Why we pretend
- Why we fear being known
- How to give up the “try hard” life once and for all

Most importantly you’ll discover what it takes to distinguish the impostor’s identity from the one that is intrinsically yours in Christ. Healing will come as you remove the mask and begin the journey of self-discovery.

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confuse using what must you're doing of that time.

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