



# Dare to Dream: Your Journey of a Lifetime

*Karen Offord*

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## **Dare to Dream: Your Journey of a Lifetime** Karen Offord

When we are alone, our shields can come down. We no longer need to hide behind the many masks we wear. We don't have to waste energy hiding our flaws from others. But in the apparent safety of that solitude, there lurks a trap. Too many of us choose to focus on past traumas and dramas. It's easy to get trapped by the regrets, pains, and failures of the past-and fears of what disappointments may await in the future. Why do we choose to allow what has happened and what may happen to destroy any hope of a happy life today? There is a way to escape this negative, unproductive, and self-destructive way of life-and you won't believe how much your life will change when you decide you've had enough of being your own worst enemy. Dare to Dream: Your Journey of a Lifetime focuses on developing the most important and valuable relationship you will ever have-the relationship you have with yourself. When you can embrace yourself, you can embrace others. When you can forgive yourself, you can forgive others. When you can accept yourself, you can accept others. When you can love yourself, you can love others. Throughout Dare to Dream, you will find simple truths, tools, techniques, and resources to start living an authentic life you can love, starting right now-authentically. One step at a time, each step consciously leads you in the direction you choose to go with love and with joy.

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