

# The Insight Cure Change Your Story Transform Your Life

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## The Insight Cure | John Sharp, MD

Renowned psychiatrist and professor at Harvard Medical School, John Sharp, M.D., offers an eight-step process to discovering your unconscious narrative and using your new insight to eradicate the “false truth” that has been at the core of your self-sabotage.

## **The Insight Cure by John Sharp, M.D. | Waterstones**

The Insight Cure is filled with much wisdom and compelling stories.” ~ Sanjiv Chopra, M.D., professor of medicine at Harvard Medical School, best-selling author, and inspirational speaker. Every person has a story, a personal narrative that informs their life, their decisions, and their way of thinking.

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About the practice Insight & Change has locations in Dallas and Colleyville. We work with adolescents, adults, and couples to address concerns such as depression, anxiety, relationships, grief/loss, and other emotional difficulties.

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Insight comes as you deeply realize over time that these traumas were not your fault and the stories you developed about yourself and life at that time were not true. Then you are free to create a new story of your life based on your strengths.

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