

THE BITCH IN YOUR HEAD%0A

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[The Bitch in Your Head: How to Finally Squash Your Inner ...](#)

The Bitch in Your Head: How to Finally Squash Your Inner Critic [Jacqueline Hornor Dr. Plumez] on Amazon.com. *FREE* shipping on qualifying offers. Do you ever find yourself thinking, how could you be so stupid.

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The Bitch in Your Head has 55 ratings and 10 reviews. Colleen said: This book is a game-changer for me. I already knew about negative self-talk but the t Colleen said: This book is a game-changer for me.

[What is The Bitch in Your Head?](#)

Learn how to finally squash your inner critic.

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More reader feedback: "The Theology of The Bitch in Your Head: Thank you for helping us all name the bitch so that we can stare her down. It's much like naming the sin in our lives so that we can address it and invite God into that brokenness to help us heal.

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The Bitch In Your Head. 69 likes. Negative self-talk holds you back. Learn how to become your own best friend. Negative self-talk holds you back. Learn how to become your own best friend.

[A Look At "The Bitch in Your Head" | Her Campus](#)

In a land not-so-far-away, there resides a miniature version of yourself who's nestled in your mind. And she's not so sweet.

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[Book Review: The Bitch In Your Head - The Odyssey Online](#)

Jacqueline Hornor Plumez, the author of The Bitch In Your Head: How to Finally Squash Your Inner Critic, refers to that voice as "the Bitch." Personifying the inner

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critic as malicious and unpleasant helps the reader to understand that the inner voice can be defeated.

[Loving the bitch in your head](#)

Hey there freedom seeker! I want to spice up the relationship you have with yourself through my special blend of no bullsh*t, spirit-fueled life coaching with a side of swagger.

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If so, you may have a bitch in your head. This Bitch criticizes every aspect of love, life, and work, and prevents you from seeing the positive. Once you learn how to identify her and get rid of her, you can become your own effective life coach and encouraging friend.