



# You Can't Escape from a Prison If You Don't Know You're In One: What is Blocking Your Freedom?

*Alena Chapman*

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## **You Can't Escape from a Prison If You Don't Know You're In One: What is Blocking Your Freedom?**

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### **Embark on a Journey to a Vibrant New Life Filled with Strength, Courage and Passion!**

[Discard the heaviness of your past and move towards a lighter uplifting life](#)

Are you ready to take a moment and get in touch with how you really feel about your life? Often when people are feeling unhappy and empty they overload themselves with activity that leads to a state of feeling emotionally numb.

*If your job, life and relationships feel like a routine of drudgery—you are living in a prison.*

However, recognizing these feelings is the first step towards a newfound awareness that can set you free.

In her new book, *You Can't Escape from a Prison if You Don't Know You're In One*, Alena Chapman takes you through life-changing exercises that enable you to burst out of your prison and explode into a dynamic new life filled with abundance, joy and purpose.

### **Start by saying, “Enough is enough” and commit to freedom and happiness**

As you read through, *You Can't Escape from a Prison if You Don't Know You're In One*, you'll come to the healthy realization that it's Ok to give yourself permission to say, “Enough is enough, I want to change.”

If you do this, Alena Chapman will guide you along a new path that leads to self-discovery and certainty that you are capable of wonderful things. You'll learn through inspiring:

- Step-by-step exercises that build unstoppable momentum
- Affirmations that change your thought patterns for the better
- Lessons and quotes that excite and energize your mindset

Praise for *You Can't Escape from a Prison If You Don't Know You're In One*

*Alena's life-affirming guidance will fill you with a knowing that you have at your fingertips the power to create a life filled with satisfaction and joy.*

*“This book contains beautiful meditations and affirmations with practical examples from real-life clients that allow the author to share her beautiful message. If you or someone you know is going through a divorce or any other difficult situation, you must read this book.”*

—Jennifer Colford, International Best-Selling Author

*“The thoughtful insight and wisdom that Carrie has gained from her personal journey brings hope and inspiration to so many confronting relationship issues and struggles for independence. A powerful guide for those ready to take control of their lives.”*

—Ted Rice

*“If you are looking for the way to create freedom in your life from the bonds that hold you back from living a magnificent life, read every word of this incredible book. Highly recommended.”*

—Peggy McColl, New York Times Best-Selling Author, aka “The Best Seller Maker”

*“Engaging and easy to read. The stories draw the reader into relatable circumstances and the exercises push the reader out to apply the principles. Most useful.”*

—Julie Cox-Cid, President, Cox®Technic Resource Center, Inc.

*“Alena Chapman's book is clear and refreshingly written. She writes from her heart and from her experience. This is a must read for anyone who notices how trapped they are in life.”*

—Tina Zion, Author of The Reiki Teacher's Manual and Become a Medical Intuitive

*“This book is a practical and thoughtful step-by-step guide to helping you move from surviving to thriving, and contains the seeds of creating a successful life.”*

—Tina Chadda, MD, FRCPC, Psychiatrist & Life Strategist

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