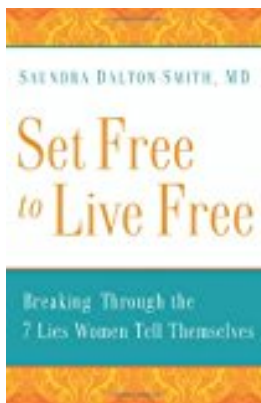


# [PDF] Set Free To Live Free: Breaking Through The 7 Lies Women Tell Themselves

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**Description:**

**From the Back Cover** "Finally a book that brings to light the lies that women have been fed since childhood--and how to break their emotional grip on our lives forever. Saundra Dalton-Smith shows us just how precious we are to God, and how we can live empowered and drama-free lives."--Carol M. Mackey, author of the bestselling *Sistergirl Devotions: Keeping Jesus in the Mix on the Job*

"Dr. Saundra Dalton-Smith has captured the role of the Spirit in the healing process with clarity and love in her book *Set Free to Live Free*."--Jane I. Honikman, MS, founder of Postpartum Support International

**Saundra Dalton-Smith, MD**, is a board-certified internal medicine physician who has been practicing medicine since 1999. She treats a predominantly female population and has firsthand experience with the struggles women face trying to imitate the American dream. Dr. Dalton-Smith has been an adjunct faculty member at Baker College and Davenport University in Michigan. She lives in Alabama.

**About the Author** Saundra Dalton-Smith MD is a board-certified internal medicine physician who has been practicing medicine since 1999. She treats a predominantly female population and has firsthand experience with the struggles women face trying to imitate the American dream. Dr. Dalton-Smith has been an adjunct faculty member at Baker College and Davenport University in Michigan. She lives in Alabama.

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