



# Innately Good: Dispelling the Myth That You're Not

*Jan Denise*

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**Innately Good: Dispelling the Myth That You're Not** Jan Denise

**Do you feel plagued by embarrassment, shame, guilt, or jealousy?**  
**Do you strive for *something* that will make you happy, yet never seem able to find it?**  
**Do you fear that something is innately wrong with you?**

If you are one of the millions struggling with the fear of not being 'good enough,' *Innately Good* is your guidebook to happiness and self-love. Jan Denise not only identifies the origins of the tainted idea that we're innately flawed, but provides a solid framework to help us undo the damage created by this myth. In *Innately Good*, Denise reveals how to:

- gain the self-esteem and self-acceptance to enjoy everything that gives life its true meaning
- overcome the fears, distractions, and negative emotions that stem from ego
- stop seeking approval and clinging to feelings of inferiority
- align choices and behaviors with who we are inside—our values, essence, truth and conscience

Brimming with bold insight that resonates with our own inner wisdom, *Innately Good* debunks centuries-old myths about our innate goodness and sets us on the path to a life more fulfilling than we ever dreamed possible.

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