



# Freedom to Be Yourself: Mastering the Inner Judge

*Avikal E Costantino*

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# Freedom to Be Yourself: Mastering the Inner Judge

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**Freedom to Be Yourself: Mastering the Inner Judge** Avikal E Costantino

In Freedom to be Yourself, Avikal E. Costantino uses his more than thirty years experience of psychological and spiritual seeking to unravel the way this judge works and to show how it limits personal growth, sexuality, affective and work relationships, as well as any original expression of our potential.

He provides exercises and inquiry to recognise the presence of the judge in daily life and to begin the concrete transformation in our capacity of loving, creativity and individuality.

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