



# The Trance of Scarcity: Stop Holding Your Breath and Start Living Your Life

*Victoria Castle*

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**The Trance of Scarcity: Stop Holding Your Breath and Start Living Your Life** Victoria Castle  
?I am not enough! Not smart enough, rich enough, successful enough, or good enough!?! This is the trance of scarcity?a self-inflicted premise of ?not-enough-ness? that successfully cripples the lives of people who would otherwise be buoyant and passionate. Here, Victoria Castle offers a prescription for realizing abundance and empowerment.

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