

# The Power of Words: How to Win the War in Your Head

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In this age of propaganda, we find ourselves influenced not only by the voices of traditional and social media, but by our own inner voices. In this unique piece blending science and inspiration, Psychologist and Performance Poet, Owen Fitzpatrick, shares his own heartfelt journey through depression and low self-esteem. He describes the key to taking back control of our minds and winning the war in our heads.