

Dr. Asa Don Brown to be Featured on CUTV News Radio

VESTAL, NEW YORK, USA, May 25, 2015 /EINPresswire.com/ -- When we see strength in someone else we are attracted to it; we admire it. Unfortunately, many of us fall into the trap of perceiving ourselves through the eyes of others. We have conditioned ourselves to seek this approval, disapproval, acceptance, and rejection, but these ideological perspectives are based on a lie. If we can learn to unconditionally accept, to approve and love our own person, then will we begin to recognize that we do not need anyone else's approval or acceptance.

According to Dr. Asa Don Brown we all deserve happiness, peace, love and kindness; the key is to "Love thyself." Dr. Brown is a psychologist, speaker, advocate, and the author of *Waiting to Live*, an inspirational book that examines the concepts of unconditional love and forgiveness.

"The reason I write, is to explore ideas, concepts, and effective ways of living," says Dr. Brown. "For me, writing is a resource of hope and it is an effective way of reaching others."

Growing up, Dr. Brown says he was held to very high standards academically and it became a constant source of stress throughout his life. But when he began to recognize his successes and failures didn't equate to who he really was, he began living life more fulfilled and full of grace.

"If I hadn't been conditioned this way when I was younger who knows what man I would be today," says Dr. Brown. "I wanted to understand why I felt this way. *Waiting to Live* is about what I've learned along the way through psychology and religion. It's about hope, love, peace and kindness."

According to Dr. Brown, we have to love our failures, too. Dr. Brown says failure is no longer something he dreads. He simply sees it as a mere life challenge.

"My successes and failures are not an equation of who I am," says Dr. Brown. "I can look at the good and bad of my life and say I've done these things. I don't need anyone else's approval or acceptance."

CUTV News Radio will feature Dr. Asa Don Brown in an interview with Doug Llewelyn on May 27th at 3pm EST.

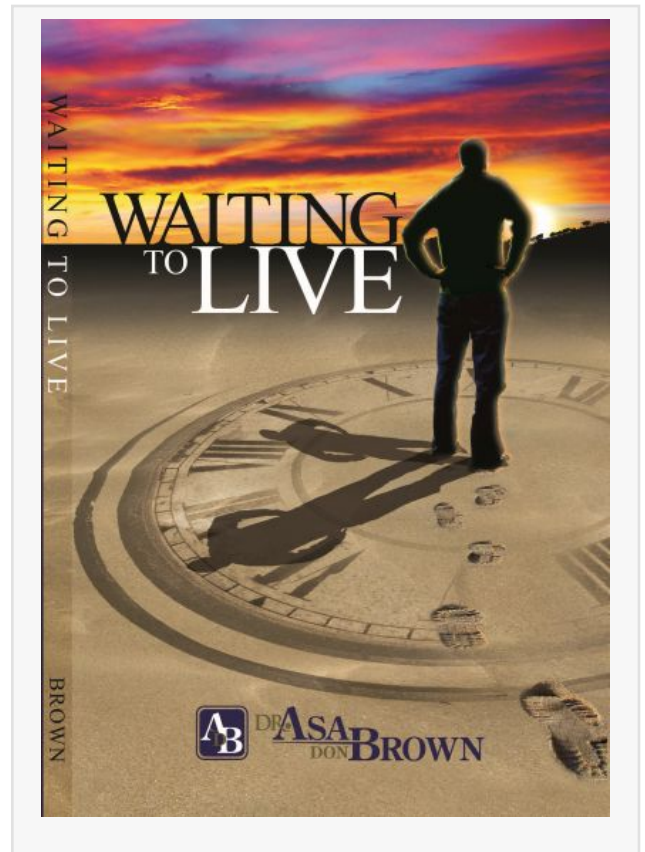
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[spotlights-psychologist-and-author-dr-asa-don-brown](#)

If you have a question for our guest, call (347) 996-3389.

For more information on Dr. Asa Don Brown, visit <http://www.asadonbrown.com>



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