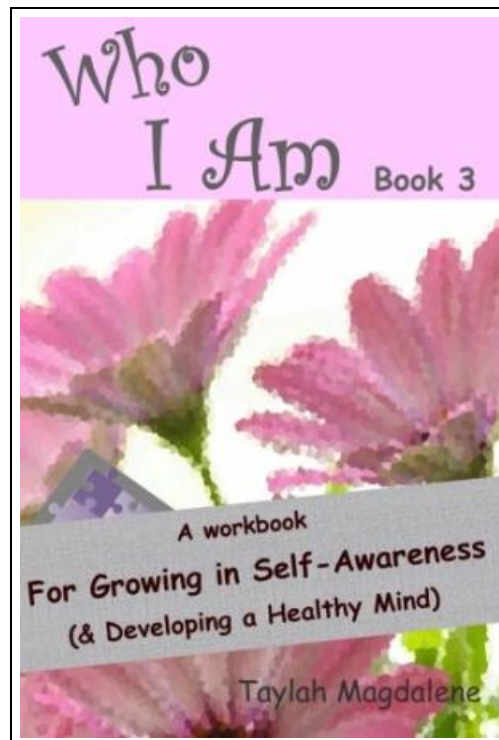# Who I Am Book 3: A Workbook for Growing in Self-Awareness (Developing a Healthy Mind)

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Reviews

A top quality publication and also the font employed was interesting to learn. It is really simplistic but excitement within the fifty percent from the book. Its been designed in an remarkably basic way in fact it is only following i finished reading this pdf where in fact changed me, modify the way i believe.

(Rachel Stiedemann)

WHO I AM BOOK 3: A WORKBOOK FOR GROWING IN SELF-AWARENESS (DEVELOPING A HEALTHY MIND)

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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. Workbook. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.So you re out on your own or looking at doing that soon. Or you feel the need to start again - a second chance at creating a fabulous life. Or maybe you d just settle for a life of gentle peace and contentment. Either way you could do with a hand! You have a place to live and you know how to meet your own basic needs. What s next? Developing a healthy mind while getting to know yourself even better is what s next! Who I Am: a Workbook for Growing in Self-Awareness (book 3) takes you through six really important facets of personal development - acceptance, self-compassion, values, building good character, managing stress, and making connections. All with the view of planting seeds for a peaceful, contented, wise, and healthy mind. The workbook is written in a relaxed easy-going style. The simple exercises are designed to make you think. There is enough substance without it feeling like hard work. By the end of the book you will understand why each thing is important and how you go about adding the different facets to your life. You will also have a significantly deeper concept of who you are. Self-awareness is empowering. It also helps with the growing up process. Whether you are a young adult just starting out, or a more mature adult needing help to grow parts of yourself up , the Who I Am series might just be exactly what you are looking for!.

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