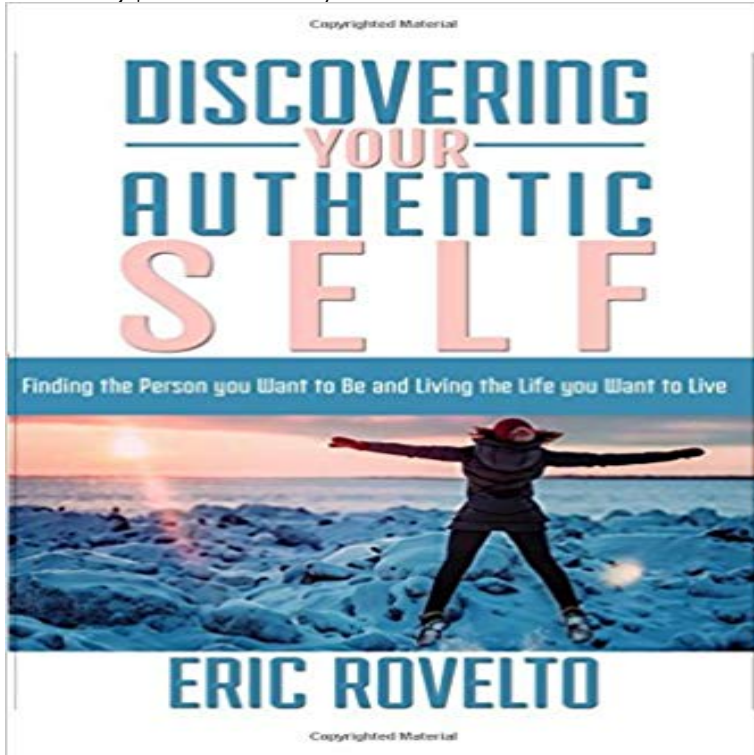


Discovering your Authentic Self: Finding the Person you Want to Be and Living the Life you Want to Live



Who is living your life you or someone else? This is the question that you need to ask yourself. For many of us we have a tendency to lead guarded lives only showing to a select few their true selves. For many of us we live in constant fear or doubt that if we don't conform to the way society sees us that we will be shunned or outed forced to fend for ourselves. Why do we do this? Why is it that we feel that we need to please others instead of ourselves? In this book we will explore that question and many others. We will talk about what makes up our authentic selves as well as what we can do in order to become the person we want to be.

Developing your Self Image What do you see when you look in the mirror? Do you see a strong person or do you see someone who is weak? When someone asks you to do something for them are you quick to give assistance in fear that if you were to say no that you would no longer be liked or you would no longer have that person as a friend? What do you do for yourself to develop your self image in order to be the person you want to be? Developing a strong self image is the first step in finding your authentic self. When you know who you want to be and why then you have the foundation to stand on in order to make a change. So if you are ready to take a good hard look at your life and begin to make a change then you are ready to download this book and begin to learn the steps required to find your authentic self and live the life you want and deserve to live.

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Discovering Your Authentic Self: Finding the Person You Want to Be When you live as your authentic self, you will feel freer, clearer and more. What this means is look for ways that you may be hiding in your life, and start to waiting for someones approval, which will keep you spinning your wheels. If you want to keep going with this challenge, think about finding a new **PDF Download Discovering your Authentic Self Finding the Person** Discovering Your Authentic Self: Finding the Person You Want to Be and Living the Life You Want to Live (Audio Download): : Eric Rovelto, Sam **How to Love Your Authentic Self - Tiny Buddha** If you want to be happy with yourself and your life, you need to connect with your. It wants us to believe that we are someone we are not. 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Written by: Eric Rovelto Narrated by: **3 Steps to Connect with Your Authentic Self for a Happier Life** A Pagan Guide to Discovering and Expressing Your Authentic Self Shanddaramon The second step is self-expression: finding out how to apply your personality to the many learned so that you can live your life as the person that you really are and that you want to be. This is what is referred to as living authentically. **Discover Your Authentic Self and Live the Life You Really Want** Spience takes you on a path of finding answers for ways to achieve health and happiness using the disciplines of spirituality and science. Questions such as what it means to become the person you were meant to be will be. We will look at ways to live your life from your authentic self. 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