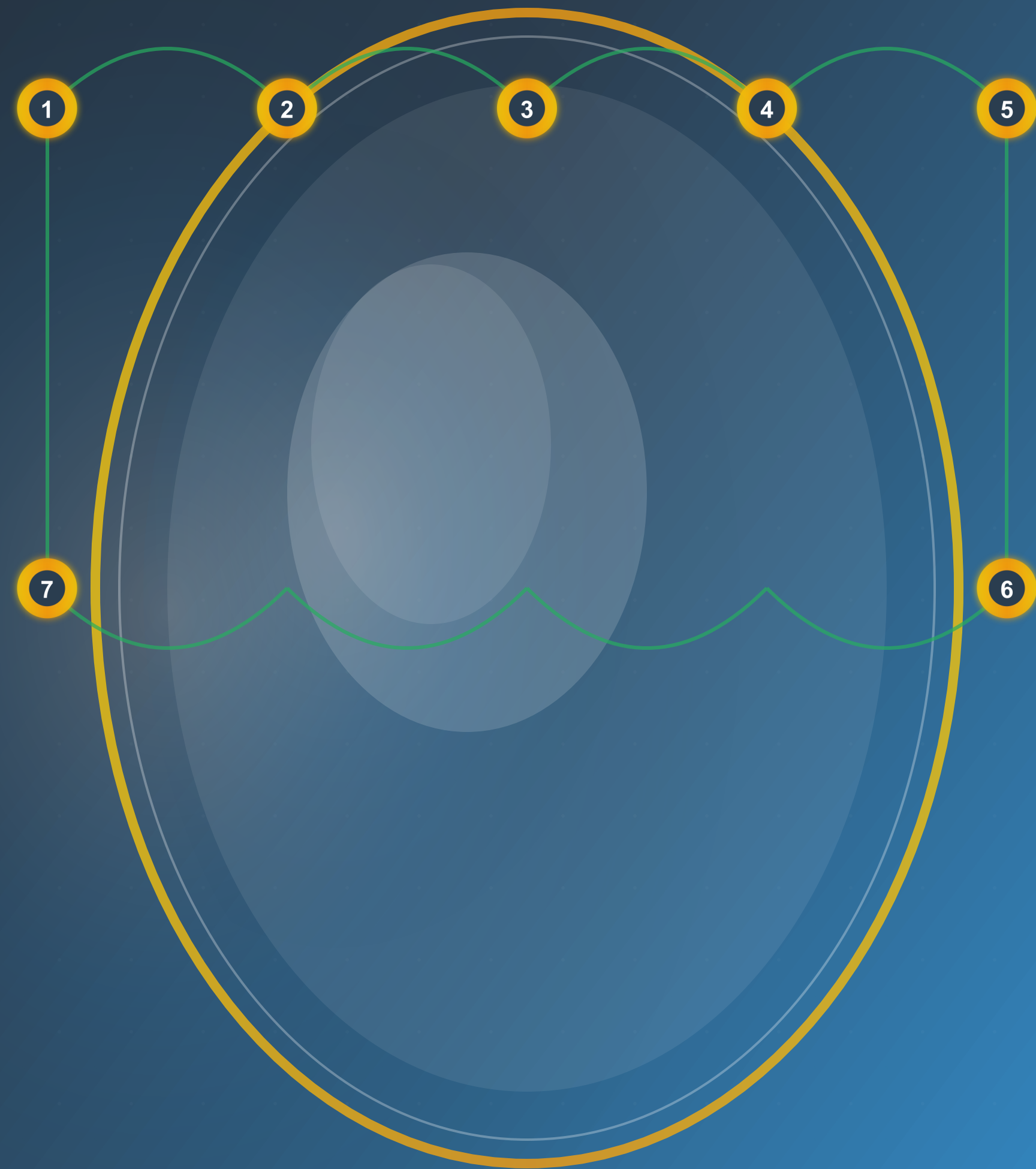


7 DAYS TO SELF-DISCOVERY



UNMASK YOUR TRUE IDENTITY
BUILD AUTHENTIC RELATIONSHIPS
CREATE MEANINGFUL IMPACT

• Interactive Workbooks • Bonus Templates • Extended Exercises •

BY
ABDOU ASWANY

7 DAYS TO SELF-DISCOVERY
ABDOU ASWANY

TRANSFORM YOUR LIFE IN JUST ONE WEEK

Are you tired of living behind masks that no longer fit?
Ready to discover who you truly are beneath the expectations?

This powerful 7-day journey will help you:

- ✓ Unmask your authentic identity and core personality
- ✓ Discover your true values and life priorities
- ✓ Master emotional intelligence and authentic expression
- ✓ Build genuine relationships based on your true self
- ✓ Create a personalized blueprint for lifelong authenticity

*"This book didn't just change my perspective—it changed my life.
For the first time in years, I feel truly aligned with who I am."*

— Sarah M., Life Coach

WHAT'S INSIDE:

- 24 Interactive exercises and assessments
- Practical frameworks for daily authentic living
- Real-world examples from diverse backgrounds
- Scientifically-backed methods for lasting change
- Complete authenticity blueprint template

ABOUT THE AUTHOR

Abdou Aswany is a researcher in applied psychology and human development who combines scientific precision with human sensitivity to create real transformations in people's lives. He has helped dozens of men and women, young and old, achieve harmony between their inner selves and outer expression. He believes that true happiness stems from authenticity and sustainable personal growth. Now, it's time to share this knowledge with people around the world, with genuine love that transcends nationalities and cultures.

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