

Become what you are

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What is the meaning of become what you are? The main message of Become What You Are is embracing your true self and living authentically.

What is the synopsis of become what you are? Brief summary Become What You Are by Alan W. Watts is a thought-provoking book that delves into the nature of identity and the concept of self-discovery. It offers deep insights and practical wisdom on embracing our true selves and living authentically.

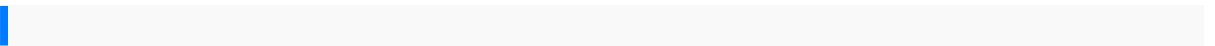
What does it mean to become who you are? The act of becoming who you are is the act of carving your ideal self out of the hard stone of your psyche – of bringing greater and greater refinement to the crude shapes of character that exist in you now.

Is it true that you become what you think about? We do become what we think about all day long. The issue is we aren't conscious of what we are thinking because it has been automated into our subconscious minds. By the time we are 35 years old roughly 95% of our thoughts, feelings, and actions occur at the level of our programming.

What is the life before us about? The Life Before Us is the story of an orphaned Arab boy, Momo, and his devotion to Madame Rosa, a dying, 68-year-old, 220-lb. survivor of Auschwitz and retired "lady of the night." Momo has been one of the ever-changing ragbag of whores' children at Madame Rosa's boardinghouse in Paris ever since he can remember.

How old is Hayes in the idea of you? Hayes' age In the book, Hayes is just 20 years old and Solène is 39. Hayes is aged up to 24 in the movie.

What is the main theme of you? Obsession and Delusion. Obsession is a major theme in the novel. The protagonist and narrator is a man prone to obsessions, to the point where the narration itself addresses the object of his obsession—hence the novel's title, *You*. Joe's fixation drives him to heinous actions which he then dedicates to Beck.



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