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## Decoding the Self: A Self-Awareness Workbook

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By Dave Jenkins, Dr Dave Jenkins Dmin

Createspace, United States, 2012. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Who are you? This is a question that many people ask themselves. However, this question cannot be answered by what we do for a living, the roles we perform, or whom we are related to. While there are many books available to tell you about yourself and human nature, this book will provide you the basic concepts and formula for discovering your authentic self. The self is living and dynamic, constantly changing. Who you are today is not who you were yesterday or will be tomorrow. The self is not static. We add to it daily and if we fail to keep up with the changes and settle differences, we lose sight of who we are in the present. Each part is equal to the other but some develop easier than others. Some people focus more on one part than the other. For some it's all about what they know, for others it's all about logic, or emotions or spiritual enlightenment.



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