



Being You How To Live Authentically

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Summary : Free being you how to live authentically pdf download - being you is about reaching your highest potential through authentic living it helps you to exercise your own choices and feel and act with confidence and effectiveness in every situation to be free of fear and doubt to have a life filled with meaning success and well-being this is the freedom to live according to your unique needs personality purpose and values to be accepted unconditionally for who and what you are to feel all life s pain as well as its joys to live from the heart trusting your inner nature and your experience of the world and to accept responsibility for all your actions the philosophy of adaptive freedom outlined in the book shows that the ability to adapt and grow is the essence of personal freedom which is the core of authenticity you need to be adaptive to be free and both make it easier to become truly authentic the power to change and realize the life of your highest imaginings lies in the freedom code a set of seven practice pillars offering a liberation path to self-fulfillment a code to unlock the greatness that lies within the seven pillars create new ways to guide you through knowledge to self-awareness and purposeful action they offer a systematic and holistic framework to help you lead a meaningful successful happy and authentic life

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