

The Textbook of My Life

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Chapter 1

Introduction

Chapter 2

Meditating on the Self

Chapter 3

Introduction

3.1 What is this book?

You may be wondering, why should I read this textbook? Well, we're going to find that answer together as we flip through the pages.

This is a textbook about sharing yourself with the world: what traces are we leaving as we pass through? What do we want others to understand about us? What do we want to keep, and what do we want to leave behind?

Enjoy!

Chapter 4

Meditating on the Self

Answer the following questions:

Who am I? What as the last piece of trash that I threw out? *How do I want to be remembered

Now that you've answered those, we can think about the control we have over the archives of our lives. We create so much "stuff" every day; how much of it reflects our beliefs, personality, sense of self?

Read more to find out.