

Developing An Awareness Of What Controls Who You Are and What You Are



Influence : Developing an Awareness of What Controls Who You Are, What You Are by Benjamin Ndolo

★★★★★ 5 out of 5

Language : English
File size : 2379 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 32 pages
Lending : Enabled

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About the Book

This book is a comprehensive guide to developing an awareness of what controls who you are and what you are. It will help you to understand the forces that shape your thoughts, feelings, and behaviors, and it will give you the tools you need to take control of your life.

The book is divided into three parts.

1. The first part introduces the concept of self-awareness and explains why it is important.
2. The second part explores the different factors that influence who you are and what you are, including your genes, your environment, and your experiences.
3. The third part provides practical tools and exercises that you can use to develop your self-awareness and take control of your life.

Who Should Read This Book?

This book is for anyone who wants to live a more aware and fulfilling life. It is especially helpful for people who are struggling with issues such as:

- Low self-esteem
- Anxiety
- Depression
- Addiction
- Relationship problems
- Career dissatisfaction

What You Will Learn From This Book

This book will teach you how to:

- Identify your strengths and weaknesses
- Understand your motivations and values
- Recognize the patterns in your thoughts, feelings, and behaviors
- Take control of your thoughts, feelings, and behaviors
- Create a life that is aligned with your values

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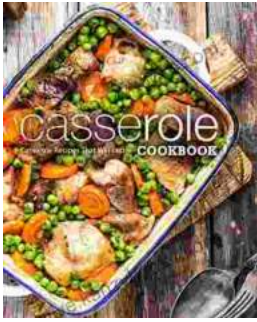


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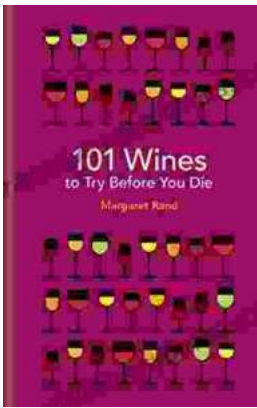
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