



Who I Am: a Workbook for Building Self-Awareness

By Taylah Magdalene

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Sometimes... often... we feel like we don't really know who we are. We may act one way around certain people and a totally different way around other people. This is normal to a degree. You wouldn't act quite the same at school or work as you do hanging out with your mates. We all have different roles in life and each one requires certain codes of behaviour.

But sometimes the way we act makes us feel fake or phony. This is because we don't have a strong inner sense of who we really are – our self-concept is not stable or concrete enough. Perhaps we take on the expectations of the people we are with – we talk like them, dress like them and go along with whatever they are doing. We are chameleons – changing ourselves to fit into the environment.

This can leave us feeling very empty and alone.

WHO I AM is an easy to read book that will take you on a GENTLE journey of discovery. Along the way you will build up a better sense of who you are in this world. You will also discover areas you might like to work on so you become an even better version of who you are!

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Editorial Review

Review

This work book was just supposed to get me started on my journey but this work book ended up showing me how to truly love and admired the wonderful me I was already. My esteem had been frayed and torn by people who I loved that I was not sure of my own talents and abilities. This book implores u to embrace your attributes and its fun accepting all of your own quirks. I such a more confident person because I know what's great about me and I don't need anyone to tell me or feel bad when someone doesn't. If there is any woman in your life who is unsure of the woman she is destined to be because her self esteem is really shot.

Recommend this to her and if she is ready it will change her life.

"Such a life changer for me" - Amazon Customer "*seei'msex*"

About the Author

Taylah Magdalene was born in Auckland, New Zealand in 1963. The family left Auckland when she was seven and from then on lived in a variety of small rural or coastal towns. She became a mother at 19 and has five children and six grandchildren. As a single parent she studied toward a Bachelor of Social Sciences, graduating in 1996. Taylah has had several freelance articles published in magazines and has self-published a book of poems. She is enthusiastic about eBooks and especially likes the idea that new writers can hold onto their own content and style. A self-confessed alternative lifestyler (a bit of a hippy) Taylah lives in a small coastal town with her son and a variety of pets. Any spare time she has will usually be spent in writing and other creative pursuits.

Users Review

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