



What's It Like Being You?: Living Life as Your True Self!

DSS John-Roger, Paul Kaye

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Practical and profound, this guide to discovering a true self behind the “parts” played in everyday life presents the information and inspiration necessary to achieve fulfillment. Often taking a humorous perspective, this work is centered on a belief that the tools we use to deceive ourselves and others are the same tools we need to know ourselves better. Guided meditation is one of a series of practices at the center of this strategy that slowly brings into focus an awareness of life and its possibilities.

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