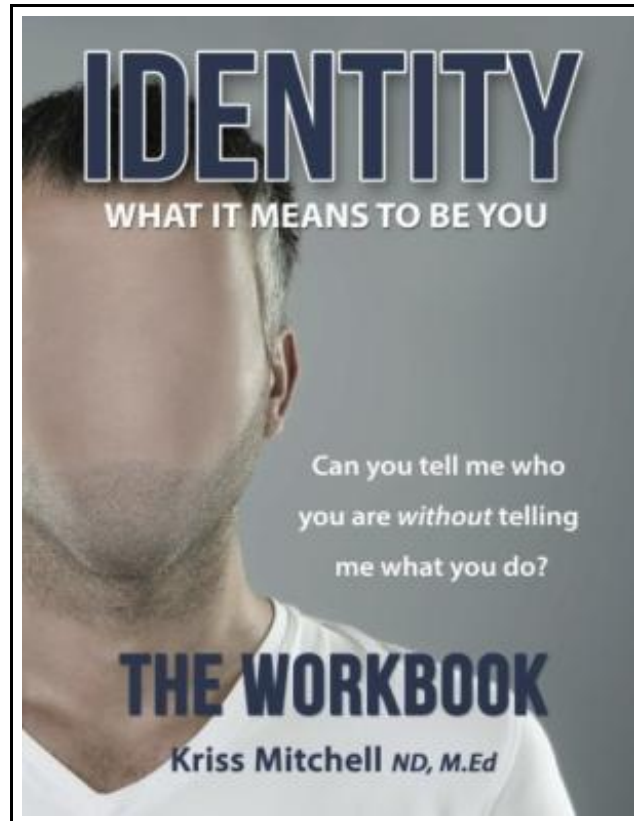


# Identity: What It Means to Be You - The Workbook: Can You Tell Me Who You Are Without Telling Me What You Do?



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## IDENTITY: WHAT IT MEANS TO BE YOU - THE WORKBOOK: CAN YOU TELL ME WHO YOU ARE WITHOUT TELLING ME WHAT YOU DO?



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Living Well Publishing, United States, 2014. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.What does it mean to be you? On the surface, this may seem like an odd question to ask yourself, but in her counseling profession, Kriss Mitchell, ND, M.Ed., has found that lack of identity is an epidemic in our culture. Not only are we being taught that our roles in society determine our value as human beings, but also that we are to be evaluated according to qualities such as how successful we are, what we look like, and how many people like us. Our culture actually erodes individuality by promoting the idea that there is a certain profile of the ideal person that we must all try to fit. **Identity: What It Means to Be You - The Workbook**, challenges these societal norms, helping you realize that you have value from the moment you were born because you were created by God with it, and nothing can add or detract from that throughout your lifetime. This self-help book teaches that personal identity is God's unique blueprint of who you are and provides a path to finding out who you are by defining the strengths, skills, preferences, and opinions that set you apart from everyone else. And these will give you clues to discovering what unique purpose God put you here for. Drawing from her extensive experience as a professional counselor as well as her personal experience and beliefs, Kriss launches you on a journey toward identity with an insightful discussion about how our culture and our childhood experiences affect our personal perspectives, then goes on to discuss the power of belief. The book examines the question of Who am I? as part of...

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