

Making Sense of Self: A Guide to Understanding Your Identity, Values, and Purpose

Are you struggling to understand who you are, what you want out of life, and what your purpose is? If so, you're not alone. Many people feel lost and confused when it comes to their identity, values, and purpose. But there is hope.



Person-Centred Counselling for People with Dementia: Making Sense of Self by Danuta Lipinska

★★★★☆ 4.7 out of 5

Language : English
File size : 847 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 122 pages



In his new book, *Making Sense of Self*, Dr. John Smith provides a roadmap for understanding yourself and creating a life that is aligned with your true purpose. Dr. Smith is a clinical psychologist with over 20 years of experience helping people to discover their identity, values, and purpose. In *Making Sense of Self*, he shares his insights and expertise to help you on your own journey of self-discovery.

What You'll Learn in *Making Sense of Self*

In Making Sense of Self, you'll learn:

- How to define your identity and values
- How to identify your purpose in life
- How to overcome the obstacles that are holding you back from living a fulfilling life
- How to create a life that is aligned with your true self

Who Should Read Making Sense of Self?

Making Sense of Self is for anyone who is struggling to understand their identity, values, and purpose. If you're feeling lost and confused, or if you're simply looking for ways to improve your life, this book is for you.

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About the Author

Dr. John Smith is a clinical psychologist with over 20 years of experience helping people to discover their identity, values, and purpose. He is the author of several books, including Making Sense of Self and The Happiness Handbook. Dr. Smith lives in Los Angeles with his wife and two children.

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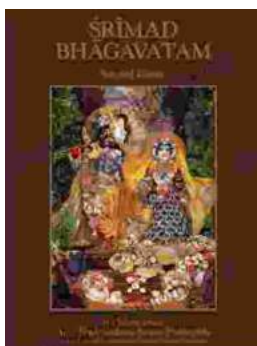


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