

[Get Print Book](#)

Who I Am: a Workbook for Building Self-Awareness

By Taylah Magdalene

[Download](#)[Read Online](#)

Who I Am: a Workbook for Building Self-Awareness By Taylah Magdalene

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!

[Download Who I Am: a Workbook for Building Self-Awareness ...pdf](#)[Read Online Who I Am: a Workbook for Building Self-Awareness ...pdf](#)

Who I Am: a Workbook for Building Self-Awareness

By Taylah Magdalene

Who I Am: a Workbook for Building Self-Awareness By Taylah Magdalene

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!

Who I Am: a Workbook for Building Self-Awareness By Taylah Magdalene Bibliography

- Sales Rank: #407836 in eBooks
- Published on: 2013-02-24
- Released on: 2013-02-24
- Format: Kindle eBook

 [Download Who I Am: a Workbook for Building Self-Awareness ...pdf](#)

 [Read Online Who I Am: a Workbook for Building Self-Awareness ...pdf](#)

Download and Read Free Online Who I Am: a Workbook for Building Self-Awareness By Taylah Magdalene

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

From reader reviews:

Rodney Mitchell:

Reading a e-book tends to be new life style in this era globalization. With reading through you can get a lot of information that will give you benefit in your life. With book everyone in this world can easily share their idea. Ebooks can also inspire a lot of people. Plenty of author can inspire all their reader with their story as well as their experience. Not only the storyplot that share in the guides. But also they write about advantage about something that you need example of this. How to get the good score toefl, or how to teach your kids, there are many kinds of book that you can get now. The authors on earth always try to improve their skill in writing, they also doing some study before they write to their book. One of them is this Who I Am: a Workbook for Building Self-Awareness.

Frederick Warren:

You can obtain this Who I Am: a Workbook for Building Self-Awareness by look at the bookstore or Mall. Only viewing or reviewing it can to be your solve difficulty if you get difficulties for your knowledge. Kinds of this e-book are various. Not only by written or printed but in addition can you enjoy this book through e-book. In the modern era similar to now, you just looking because of your mobile phone and searching what your problem. Right now, choose your ways to get more information about your publication. It is most

important to arrange you to ultimately make your knowledge are still update. Let's try to choose appropriate ways for you.

William Evans:

A lot of e-book has printed but it differs. You can get it by world wide web on social media. You can choose the very best book for you, science, amusing, novel, or whatever by searching from it. It is identified as of book Who I Am: a Workbook for Building Self-Awareness. Contain your knowledge by it. Without leaving the printed book, it could add your knowledge and make you actually happier to read. It is most significant that, you must aware about e-book. It can bring you from one place to other place.

Sam Nielsen:

What is your hobby? Have you heard that question when you got college students? We believe that that concern was given by teacher to the students. Many kinds of hobby, Everyone has different hobby. And also you know that little person such as reading or as looking at become their hobby. You need to know that reading is very important and also book as to be the thing. Book is important thing to include you knowledge, except your teacher or lecturer. You discover good news or update regarding something by book. Many kinds of books that can you choose to use be your object. One of them is niagra Who I Am: a Workbook for Building Self-Awareness.

Download and Read Online Who I Am: a Workbook for Building Self-Awareness By Taylah Magdalene #OMZAQ2UKGDJ

Read Who I Am: a Workbook for Building Self-Awareness By Taylah Magdalene for online ebook

Who I Am: a Workbook for Building Self-Awareness By Taylah Magdalene Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Who I Am: a Workbook for Building Self-Awareness By Taylah Magdalene books to read online.

Online Who I Am: a Workbook for Building Self-Awareness By Taylah Magdalene ebook PDF download

Who I Am: a Workbook for Building Self-Awareness By Taylah Magdalene Doc

Who I Am: a Workbook for Building Self-Awareness By Taylah Magdalene Mobipocket

Who I Am: a Workbook for Building Self-Awareness By Taylah Magdalene EPub