Want to know the real secret to life? Its enduring contentment - a deep-seated sense of peace and self-acceptance - that comes from being the person you truly are. Dr. Warren has five get-to-know-yourself-better steps designed to uncover the real you and help you find lifelong serenity. Youll learn why, from the moment you were born, you were programmed with the conflicting messages of pleasing self versus pleasing others - and youll learn how to reconcile the two.

My Personal Review:
Neil Clark Warren makes visible the importance of being truthful, not only to ourselves about ourselves, but to be truthful about ourselves to others; only then can we obtain the inner peace and contentment we so desperately seek. Within the pages of this book, you will examine your life and learn how to change the patterns that keep you from the happiness you deserve. Others authors I have read that speak of living an authentic life are Rev. Wayne Muller "How, Then, Shall We Live? and Neale Donald Walsh "Conversations with God Book II".

For More 5 Star Customer Reviews and Lowest Price: