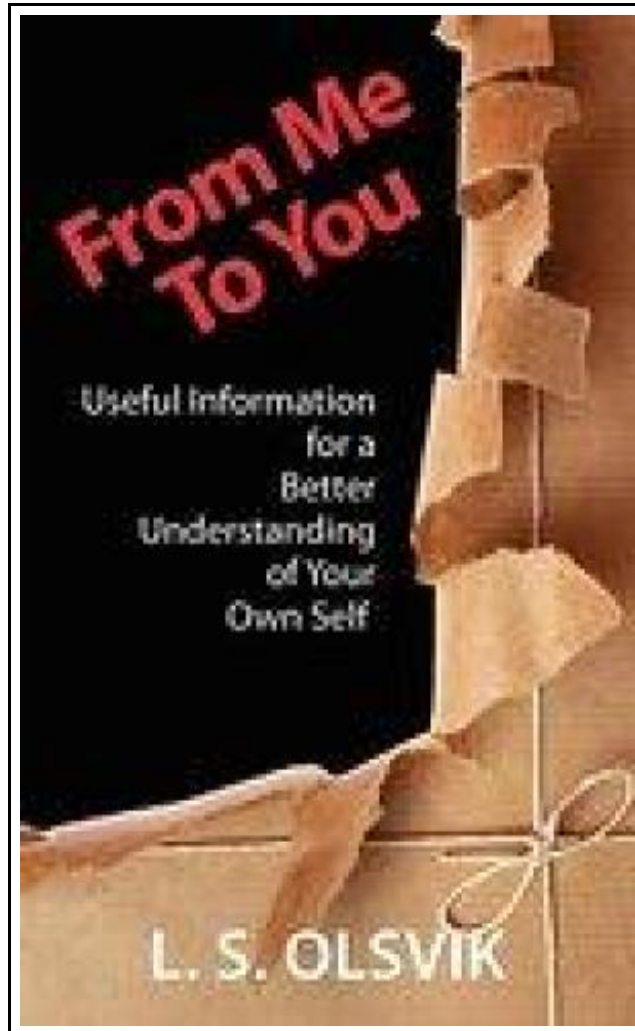


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(Prof. Kacey O'Hara)*

FROM ME TO YOU



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Eloquent Books Sep 2009, 2009. Buch. Book Condition: Neu. 216x140x11 mm. This item is printed on demand - Print on Demand Neuware - Do you ever stop to wonder who you really are Do you ever question if you truly have a free will or wonder if your 'self' is just a product of circumstances In the end, our self is really all we have. The ancient philosopher Socrates urged all people to examine their lives. For Socrates, an unexamined life was not worth living. To examine our self, we must question what we actually believe and focus on in our life. Once a better understanding of our self has been reached, we need to continually practice to gain comfort with this new view of our self. In this detailed examination, you will find many ways to investigate your own self and, through that investigation, you can become empowered to take new charge of your life and your personal way of thinking. Author L. S. Olsvik lives south of Oslo, the capital of Norway. She is now a headmaster/pedagogical leader in a private school, but has been engaged in several social science studies and research. Her special interest is in the individual self, and the different ways to understand it, as she thinks that what we believe to be true about our self becomes our reality. She has, through her research, been able to establish how a humanistic/existential view of human life actually can work as a meaningful and active factor for personal growth and self understanding. She is concerned with how modern society tends to leave the typical human existential problems and development only to experts, forgetting that people need to engage in their own life process and psychological developments in order to become authentic persons developing more...



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