



Finding Yourself: Discover How to Find Yourself, Define Yourself, and Pave Your Own Path Into the Future

Ian Branneth

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If you're questioning who you are, what your purpose is, and what you really want out of life, then this book is for you!

Read on your PC, Mac, smart phone, tablet, or Kindle device.

Do you feel as though you're lacking clarity as to what exactly you want out of life anymore? Perhaps there's nothing physically wrong with you, yet the thought of getting out of bed in the morning and going about your regular routine leaves you with a feeling of resignation, or just feels pointless. The only thing you know for sure is that you don't like wherever it is you've landed, and you don't know what to do about it.

Assuming you're not languishing in jail or stuck at the bottom of a dirt pit, there's one thing you can take comfort in: The feeling of being stuck is just that - it's a *feeling*, an emotional condition. It is *not* a fact, and it is *not* something inherent in you or your environment. This book is designed to help you regain control of your emotional state of being, and help you identify (and get on) the path that you were meant to walk.

You'll learn how to effectively face your mental rut with various exercises, and how to get a grip on the root cause of your current situation so you can better deal with it and freely move forward with your life again.

Let's get started!

Here Is A Preview Of What You'll Learn...

- Just How Stuck Are You?
- Why and How to Keep a Journal
- Finding the Power of Your Own Breath
- Starting a Simple and Effective Meditation Practice
- The Law of Dependent Arising
- Focusing on the Body
- Understanding Diffuse Emotions
- Identifying the Underlying Issues
- Much, much more!

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tags: self awareness, how to find yourself again, i need to find myself, trying to find myself, how to get in touch with yourself, i want to find myself, how can i find myself, how do i find myself

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