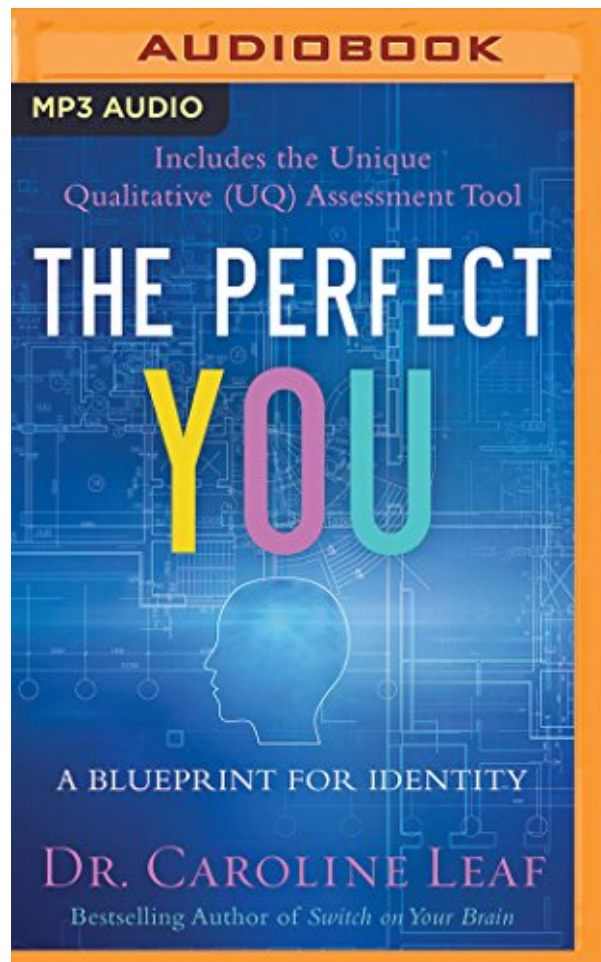
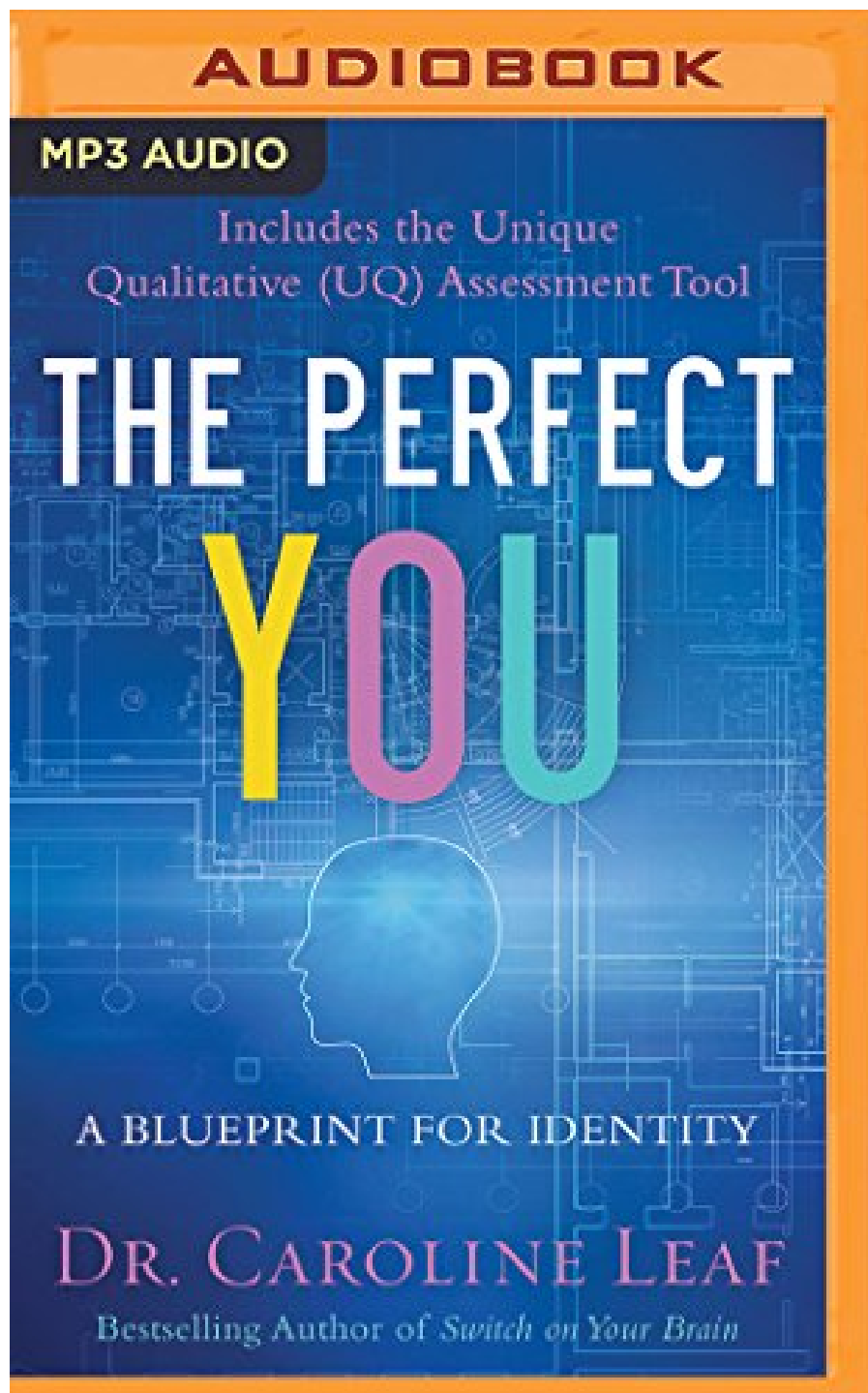


THE PERFECT YOU: A BLUEPRINT FOR IDENTITY BY DR. CAROLINE LEAF



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When you are rushed of job due date and also have no idea to obtain motivation, **The Perfect You: A Blueprint For Identity By Dr. Caroline Leaf** publication is among your solutions to take. Book The Perfect You: A Blueprint For Identity By Dr. Caroline Leaf will give you the best source and also point to get motivations. It is not only concerning the tasks for politic business, administration, economics, and also other. Some purchased works making some fiction your jobs also need inspirations to get over the task. As exactly what you require, this The Perfect You: A Blueprint For Identity By Dr. Caroline Leaf will most likely be your selection.

From the Inside Flap
There's only one you!

When God created the blueprint for the universe, you were already part of the plan. Science and Scripture show you're a unique, brilliantly designed, and intelligent individual who fills a role no one else can. So the more Perfect You you become, the more fulfilling and impactful your life will be.

What is the Perfect You? It's how you process and exhibit your uniqueness through the way you think, feel, and choose. Everything you do and experience has an impact on the world, which is why it is vital for you to understand

- what your Perfect You is
- when you are stepping out of your Perfect You
- the mental, physical, and spiritual implications of stepping out of your Perfect You
- and how to stay in your Perfect You

In this book, Dr. Caroline Leaf tackles this concept from theological, philosophical, and scientific angles, challenging you to think deeply about your identity and enabling you to apply these insights to your daily life. Drawn from thirty years of original research and twenty-five years of clinical experience, The Perfect You includes groundbreaking new insights and an eye-opening questionnaire designed to help you understand your Perfect You.

Are you tired of living in a suffocating box of expectations? The Perfect You will help you realize there was never a box to begin with!|Dr. Caroline Leaf is the author of Switch On Your Brain and Think and Eat Yourself Smart, among many other books and journal articles. Since 1981, she has researched the science of thought and mind-body connection as it relates to thinking, learning, emotions, renewing the mind, healing from TBI and other neurological and mind issues, potential, and education. Dr. Leaf practiced clinically for twenty-five years while simultaneously working in impoverished areas in South Africa and doing research. She has worked in education for as many years. She is currently still doing research on the mind-body

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There are a lot of personality tests out there designed to label you and put you in a particular box. But Dr. Caroline Leaf says there's much more to you than a personality profile can capture. In fact, you cannot be categorized!

In this fascinating book, she takes readers through seven steps to rediscover and unlock their unique "you quotient"—the brilliantly original way each person thinks, feels, relates, and makes choices—freeing them from comparison, envy, and jealousy, which destroy brain tissue. Readers learn to be aware of what's going on in their own minds and bodies, to lean in to their own experience rather than trying to forcefully change it, and to redefine what success means to them. Released from the suffocating box of expectations, they'll embrace their true identity and develop a clear sense of divine purpose in their lives.

Knowing and understanding our identity empowers our choices. Unlocking one's you quotient is not optional—it is essential.

- Sales Rank: #450170 in Books
- Published on: 2017-07-04
- Released on: 2017-07-04
- Formats: Audiobook, MP3 Audio, Unabridged
- Original language: English
- Number of items: 2
- Dimensions: 6.75" h x .50" w x 5.25" l,
- Running time: 6 Hours
- Binding: MP3 CD

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