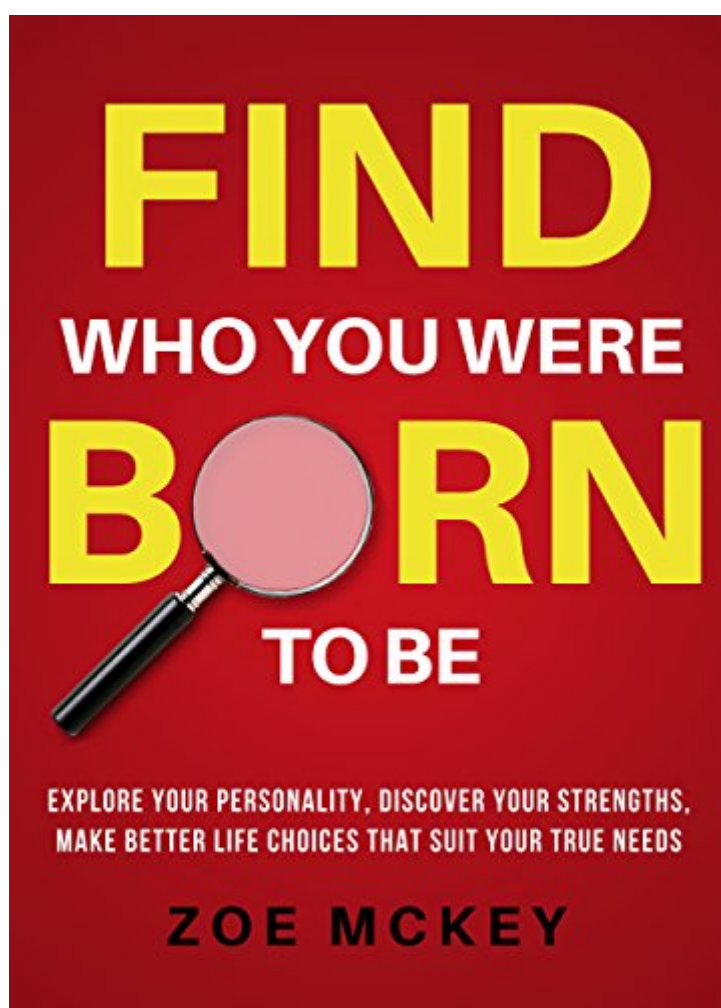


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# Find Who You Were Born To Be: Explore Your Personality, Discover Your Strengths, Make Better Life Choices Than Suit Your True Needs



## Synopsis

Do you feel you don't understand your decisions or motivations? Acting as a bystander in your own life? Discover the strengths of your personality and how to use them to make better and quicker life choices. In *Find Who You Were Born To Be*, you'll learn some of the most influential personality-related studies. Thanks to these studies and practical exercises in the book, you'll deepen your knowledge about who you were born to be, capitalize on your strengths, and how you can become the best version of yourself. It is a crippling feeling to not find a place in the world where you fit in. Without self-awareness it is difficult to relate your personality to others. Until you learn to connect with yourself, you'll feel like an outcast in the world. By increasing self-knowledge, you'll be able to connect with yourself and others deeper, focus on what truly matters to you, and have a better quality of life. Studies from Gary Chapman, Carl Jung, Isabel Briggs Myers, Katherine Briggs, Jim Rohn and many others come together to create an insightful, research-based, psychologically-proven framework for the best ways to discover and improve your personality. They are easily implementable in your daily life to level up your confidence, likability, and self-acceptance. Knowing thyself is the key to have a better, well-balanced, and stress-free life.

- Build a gimmicks-free and "attractive character"
- Discover your temperament's strengths.
- Be your best self at work. Understand your true potential.
- Improve your intrapersonal intelligence.
- Discover your love language to improve your relationships.
- Use others' knowledge to improve yourself.

Knowing yourself helps you see opportunities where you were once blind. Make better decisions about your life and understand the world better. To be able to understand what's outside the box, first you have to know what is inside. Don't let others tell you what is good for you, see for yourself. Don't hesitate to pick up your copy today by clicking the BUY NOW button at the top of this page!

## Book Information

File Size: 1594 KB

Print Length: 147 pages

Publisher: Kalash Media (July 14, 2017)

Publication Date: July 14, 2017

Sold by: A Digital Services LLC

Language: English

ASIN: B073YJF88F

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #4,178 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #1 in [Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology > Mental Health > Behaviour](#) #1 in [Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology > Developmental Psychology > Adulthood & Aging](#) #5 in [Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology > Personality](#)

## Customer Reviews

The author presents much scientific and research-based evidence on personality types to help you figure out your own personality. Her premise is that the better you know your personality, the better you get at your life. The good news is you don't need to part of some scientific experiment or years of therapy to understand yourself. There are several paradigms here in which to view your life and question yourself. Review the personality types, apply them to yourselves and get clearer about yourself. I like this book because the application is simple, practical and easily done. The tips are designed to help you accept the place you are, accept who you are and start living more of that. The more of yourself you are, the more success you'll live and see in your life. The good news is the only thing between you and the life you want is you. This book shows you how to let go of beliefs and thoughts that stop you from being your true (and best) self.

This is a beautiful book to describe a system of understanding, tolerating and loving both oneself and others. Much more useful than other personality tests such as the Myers Briggs when used in therapy. I have found a great help in this book that has allowed me to feel truly understood.

In this book you will get a great insight into your personality. The author talks about four temperament types: Sanguine, Melancholic, Choleric, and Phlegmatic. Don't let these names scare you off, all these types have good and bad qualities, they are equally good. And the book is easy to understand and has a lot of insight. Inside you are able to take a simple test that will help you to find out which group you belong to. I was making the test with my friends, as the author suggested and I must say we had a lot of fun lot of fun. It was amazing how accurate it turned out to be with each

person.

I have done a lot of personal growth work so I wasn't sure how useful this book would be for me. I was pleasantly surprised that there were lots of thought provoking questions that I have taken the time to answer and will continue to spend time exploring about myself. This book is well worth the price and time it takes to read it and answer the questions that you most relate to.

Reading this book I got a deeper insight into the theory of the different temperaments (Choleric, Sanguine, Melancholy and Phlegmatic). After taking the quiz inside the book, I found that I am nearly all Sanguine, with some Melancholy and a little Choleric tendency. I was somewhat stunned to find that there is no Phlegmatic in my personality.

A timely read for challenging times ahead. Everyone at some point must have that question in mind as to what his or her purpose in life is..reading this book makes you realize who you are and compel you achieve your legacy by doing what you do best. Uplifting and encouraging read this one is!

An awesome and amazing book. It is full of life of wisdom and some personal improvement techniques. It gives you information to identify the strengths and weaknesses of your peers, family, and friends. The book is easy to understand and has a lot of insight.

This is a great book for gaining perspective on who you are. I felt like an outsider for a long time. It helped me see that my strengths have given me a unique view of life. The knowledge I gained also helped me to identify goals and strategies to improve my quality of life at work and home and I highly recommend it for truth seekers. I will keep the book on my desk at work, not only to remind myself to develop my strengths but also to let other people who have read up on these strengths know how best to relate to me.

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