



Healthy Sense of Self: How to be true to your Self and make your world a better place!

Antoinetta Vogels

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Healthy Sense of Self: How to be true to your Self and make your world a better place! Antoinetta Vogels

Do you have what it takes to be your Self? Become much more fulfilled in yourself and your relationships by restoring a healthy sense of self. In this book Antoinetta Vogels shares how her journey to overcome insomnia led her on a path to self-discovery influenced by Eastern philosophy, traditional psychology, and reflection through which she developed the Sense of Self theory and method. Understanding the workings of your own (subconscious) coping mechanisms or that of the people close to you can lead to a great variety of positive results, among them, better health, mental clarity, and a good night sleep no matter what!

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