



The Courage to be Yourself: The Magic of Daring Greatly Enough to Become Who You Were Born to be

K.J. Cleveland

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The Courage to be Yourself: The Magic of Daring Greatly Enough to Become Who You Were Born to be offers information on becoming yourself, who you are meant to be, instead of trying to live up to others expectations who they want you to be. Getting to know yourself and being confident enough to be that person is one of the most important things you can do in life. When you are brave enough to be yourself, you're free, like a burden is lifted and you no longer have to try to impress anyone. You are just you, whether anyone likes it or not. This freedom brings an enormous amount of peace and happiness. To be happy you have to look inside your heart, beneath your emotions, and figure out what it is you really want in life and who you really are, and then you have to become you. In this book you will find information and exercises to help you discover who you really are and who you really want to be, and to help you develop the confidence to become that person. Excerpt from book: "No matter where you live people have varying artificial ideas about what makes people important. In some areas people admire the football player, or the members of the country club, in other areas they admire wealth alone, in others it's matriculating at an Ivy League School, and still in others it's being a part of a cool gang with specific colors; and it changes even more once you go to other countries. Therefore, you might as well just do what you think is important, what impresses you. Be proud of it, and know that who you are is what makes you special. It's not important to try to fit in other cliques and circles; just have your own circle with you, God and your loved ones at the center of it. If what you do and who you are doesn't impress everyone, the happiness you attain from being yourself and not caring what they think will feel better than their approval ever would."

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