



Your Self Discovery Guide: A Journey Into Yourself (Personal Journalism) (Volume 1)

John Monyjok Maluth

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In "Your Self-Discovery Guide", you will start the journey into yourself. The book is written in order to "inform" our minds of the facts about who we are. Are we apes? Are we just a mixture of chemicals? Do we have souls or spirits beside our physical bodies? How to we know all these things? After this, the book then guides us to "accept" the real us in whatever view we hold. And finally, it helps us "practice" these facts in everyday life. The author shared what changed his own "world-view" and actions at the end of the book. This guide is for both the author himself, as well as for you. Read it, take whatever you are able to digest, and use it before you expire! As usual, it is not all the advice in this book that will be of great influence to everyone on earth. Yet, you will be guided to know who you are. You will get help in loving yourself, just as you are.

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