



Identity: What It Means to Be You - The Workbook: Can You Tell Me Who You Are Without Telling Me What You Do?

By Kriss Mitchell

Living Well Publishing, United States, 2014. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****.What does it mean to be you? On the surface, this may seem like an odd question to ask yourself, but in her counseling profession, Kriss Mitchell, ND, M.Ed., has found that lack of identity is an epidemic in our culture. Not only are we being taught that our roles in society determine our value as human beings, but also that we are to be evaluated according to qualities such as how successful we are, what we look like, and how many people like us. Our culture actually erodes individuality by promoting the idea that there is a certain profile of the ideal person that we must all try to fit. Identity: What It Means to Be You - The Workbook, challenges these societal norms, helping you realize that you have value from the moment you were born because you were created by God with it, and nothing can add or detract from that throughout your lifetime. This self-help book teaches that personal identity is God's unique blueprint of who you are and provides a...



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