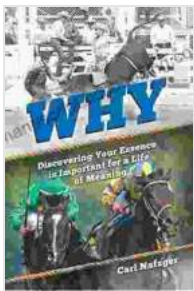


Discovering Your Essence Is Important For Life Of Meaning

Your essence is the core of who you are. It's what makes you unique and special. When you discover your essence, you discover your purpose in life. You learn what you're meant to do and what you're meant to be.



Why: Discovering Your Essence Is Important for a Life of Meaning by Felice Fox

★★★★★ 5 out of 5

Language : English
File size : 2303 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 93 pages
Lending : Enabled



This book will help you discover your essence and live a life of meaning. It will guide you through a series of exercises and meditations that will help you connect with your true self. You'll learn about the different aspects of your essence, including your values, beliefs, passions, and gifts.

Once you discover your essence, you'll be able to live a life that is aligned with your true purpose. You'll be able to make choices that are in line with your values, and you'll be able to pursue your passions with confidence.

Living a life of meaning is essential for happiness and fulfillment. When you know who you are and what you're meant to do, you can live a life that is true to yourself. This book will help you discover your essence and live a life of meaning.

Benefits of Discovering Your Essence

- You'll discover your purpose in life.
- You'll learn what you're meant to do and what you're meant to be.
- You'll be able to make choices that are in line with your values.
- You'll be able to pursue your passions with confidence.
- You'll live a life that is true to yourself.

Exercises and Meditations

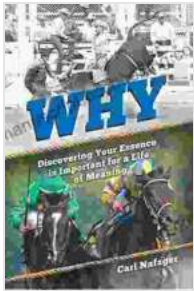
This book includes a series of exercises and meditations that will help you connect with your true self. These exercises and meditations are designed to help you:

- Identify your values
- Discover your beliefs
- Explore your passions
- Identify your gifts
- Connect with your inner wisdom

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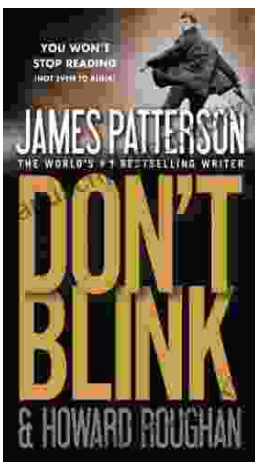
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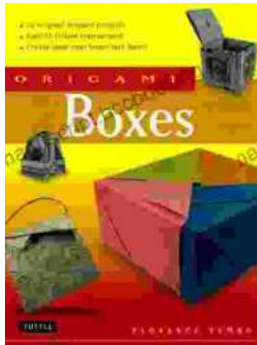
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