



# How to Be Yourself: 300 Inspirational Quotes, A Guide to Living an Authentic Life

*Michael Nagel*

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Few things in life are more important than learning how to be yourself. Unfortunately teachings and encouragement to be your own person are just as few. This book is an exception. If you want to learn how to live an authentic life, this book is for you.

*How to Be Yourself* shares more than 300 quotes and excerpts which are organized into 12 chapters that address the issues and skills you need to create a life true to yourself. The quotes are from psychological and spiritual paths for development as well as from literature, poetry, film, song, cartoon, and philosophy.

The quotes have been excerpted from more than 200 sources by 190 authors. The book is much more than a collection of one-line quotes, for many of the citations are paragraph-length or longer passages related to living an authentic life. All together they represent a guidebook for your personal transformation.

These inspiring quotations have brought clarity and encouragement to the author's clients with whom he works in private practice as a therapist and nationally as an authenticity coach.

No better time than now exists to start your journey home to yourself.

Chapter subjects include: The Call to an Authentic Life, Entering the Wilderness, Uniqueness and Individuality, Personal Autonomy, The Question of Morality, Psychological Wholeness, The Question of Beliefs, Psychological Agency (Personal Freedom, Choice, Will , Action, Responsibility, Nonaction), Living in Process, Approaches to Transformation, The Veil of Thought, and The Self.

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