

Empowering and Motivating Yourself for Success

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Synopsis

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inLanguage	english

This audiobook is going to teach you how self-awareness can help you in overcoming day-to-day challenges and help you achieve success in your career.

Most of us have the keys to becoming successful but we just fail to realize that the key lies within us. Some people go about looking for success and ways to improve their lives every day without knowing it has been lying within their reach all the while.

There is a popular saying that a problem is solved when you take the first step of admitting that you have a problem. This is true regarding every aspect of one's life. Self-awareness is the key to improving one's life and achieving success. Knowledge is power.

Self-awareness, otherwise known as self-knowledge means understanding your own desires, failings, habits, needs, and everything about you. The more you understand and know more about yourself, the better you know the steps to take in improving your life. Ultimately, when you pay attention to your emotions and how you work, you will understand why you do the things you do. The more you understand your weaknesses and your habits, the better it gets to improve on them.

You can read all the motivational books out there, you can make use of all the tips of achieving the success that you see on the screen but it's pointless when you don't know yourself enough to know which works for you. For instance, a young boy in college, he loved music so much that each time he tried to study, he was always listed to music but then when exams came and he tried to remember what he has read, he only remembered the lyrics of the song he was listening to at that time. He thought because his friend was able to assimilate more with the help of music, he thought the same would work for him. He tried every type of music, both jazz, hip-hop, RnB, nothing worked until one night when he was so frustrated he turned off the music in the midnight and tried to read.

Reader's comments

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