

# [PDF] The Perfect You: A Blueprint For Identity

Dr. Caroline Leaf - pdf download free book

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#### Books Details:

Title: The Perfect You: A Blueprint

Author: Dr. Caroline Leaf

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## Description:

There are a lot of personality and intelligence tests out there designed to label you and put you in a particular box. But Dr. Caroline Leaf says there's much more to you than a personality profile can capture. In fact, you cannot be categorized!

In this fascinating book, she takes readers through seven steps to rediscover and unlock their unique "you quotient"--the brilliantly original way each person thinks, feels, relates, and makes choices--

freeing them from comparison, envy, and jealousy, which destroy brain tissue. Readers learn to be aware of what's going on in their own minds and bodies, to lean in to their own experience rather than trying to forcefully change it, and to redefine what success means to them. Released from the suffocating box of expectations, they'll embrace their true identity and develop a clear sense of divine purpose in their lives.

Knowing and understanding our identity empowers our choices. Unlocking one's you quotient is not optional--it is essential.

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