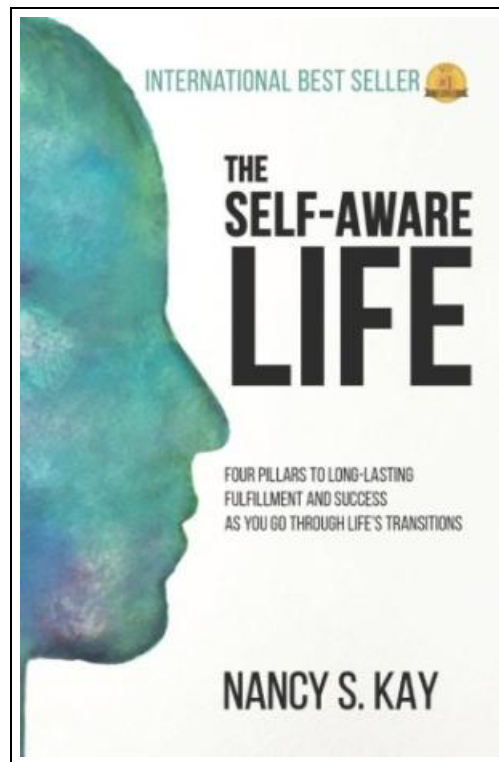


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Are you living the life you were meant to live? In *The Self-Aware Life: Four Pillars to Long-Lasting Fulfillment and Success as You Go Through Life s Transitions* and companion workbook, Nancy S. Kay explores how self-awareness is the foundation of living a fulfilled and successful life. Humans long for meaning, worth, and belonging. The only way to get what we desire, however, is choosing to live-every day-with intention and purpose. Simply put, we decide to be aware and awake. Sound easy? Well, it is anything but easy-yet the journey is very rewarding in so many ways. In my work with thousands of clients, I have come to realize there are four pillars essential to living the self-aware life: optimism, humility, forgiveness, and gratitude. These four characteristics are embedded in those who live a happy, peace-filled, and fulfilling life. With self-awareness, you create the life you desire by consciously setting in motion the intent to make it happen. The longing for an enlarged life-a life embracing more possibilities, growth, and freedom is often the catalyst for choosing this intentional journey. To be self-aware is to live honestly, genuinely, and purposefully to satisfy every aspect of your life. The intentional lifestyle is deeply personal and ultimately unique to each human being. There isn't a definitive way to tell you how to do it. It is a journey that belongs only to you, and it begins with self-awareness. It is an organic, inner working you choose to enter or ignore. You either stay asleep or wake up to the yearning that is beckoning you. The road to living with genuine intention -the self-aware life- is bumpy and will have many detours as...



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