



Self: A Guide to Self-Actualization

By Cole Feldman

Cole Feldman, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Self is the offspring of a marriage between amateur philosophy and modern self-help, answering life s biggest questions through the eyes of a 20-year-old American college student. This book discusses how to become your best self, but differs from other self-help books in that it will also continually ask the question: why must we become our best selves?.



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