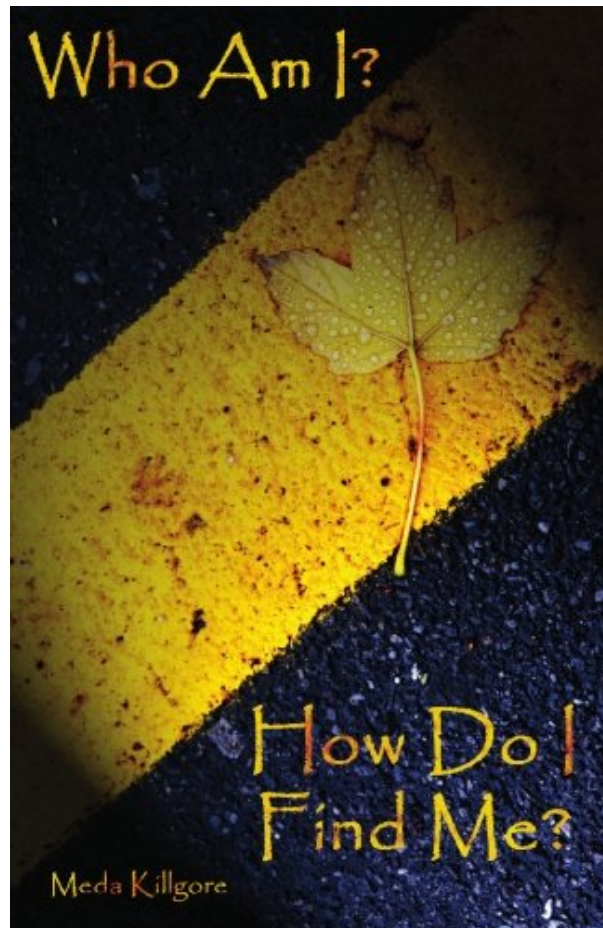
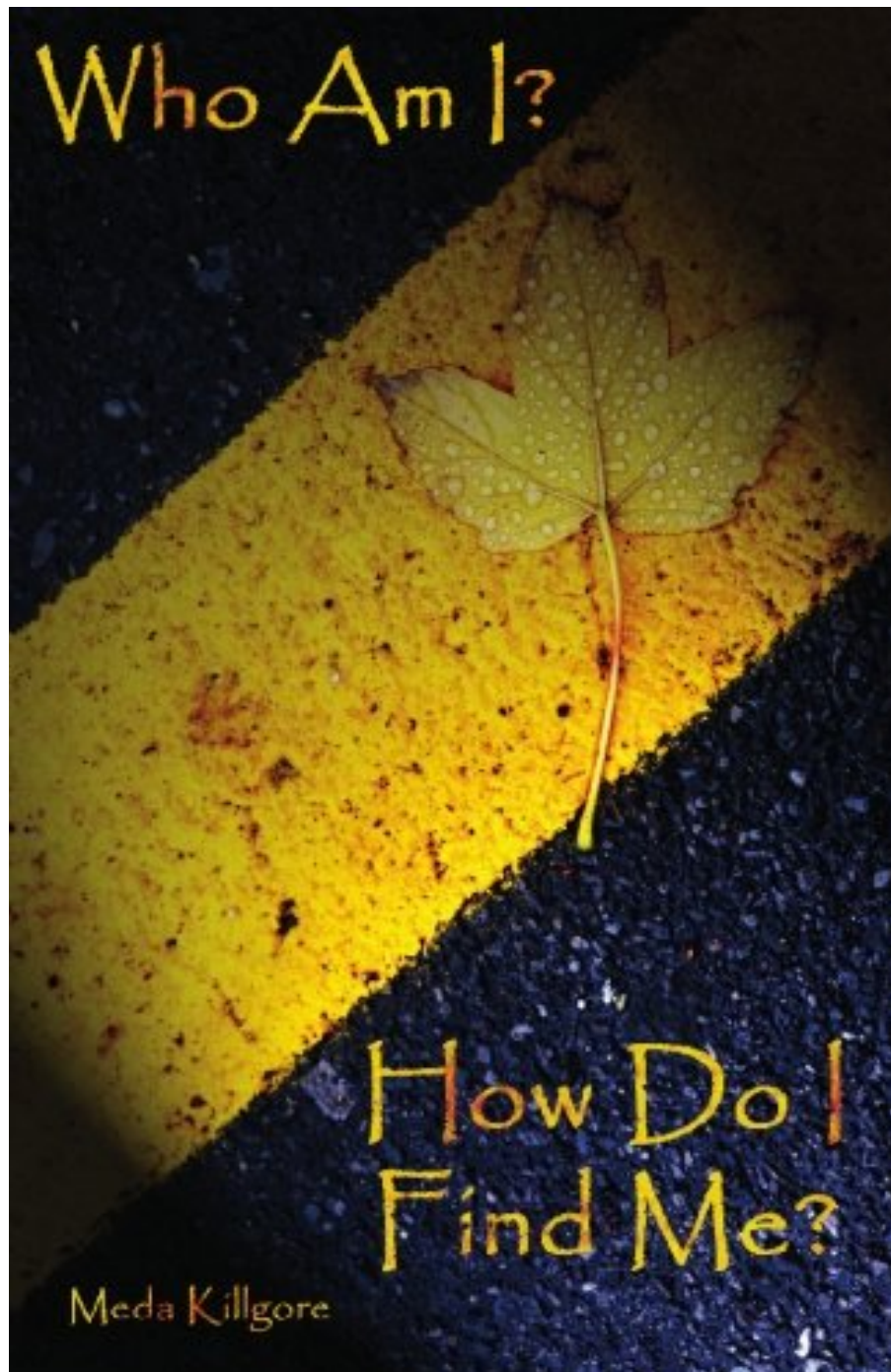


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Who Am I? How Do I Find Me? is a hands-on, how-to guide filled with information and easy-to-follow exercises designed to free your present moment experience from the grips of the past. Who you really are, i.e. your True Self, is empowered with insight, healing and life-changing action. You'll learn how your true self gets lost, how to recognize and reconnect with your true self and how to heal and empower your true self. Who am I? How Do I Find Me? goes beyond self-help, through self-discovery, and to self-empowerment! The author, Meda Killgore, is a clinical social worker whose work with individuals and families has resulted in the recognition of how negative life experiences can profoundly restrict self-expression. Meda's life passion has become helping others recognize and express the True Self.

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5 of 6 people found the following review helpful.

Highly Recommended

By C. Crowe

This book is the perfect guide for those who want to clear the emotional debris of the past, take control of well being today and live in the harmony of the present moment. By guiding the reader to evaluate his childhood, culture and negative ego, Killgore points to the tools that lead to self-healing through self-awareness. And using examples from case studies, Killgore successfully illustrates the effects that negative

experiences within these realms can have on the self.

Later, the Jungian concept of the shadow is explained in easily relatable terms, helping the reader to zero in on their own shadow traits. Chapter five, on dreams, offers useful tips on deciphering meaning from these "parables of the soul," which Killgore says diagnose a problem and offer a prescription.

Chapters on directing self-dialog to positive self-talk, speaking your truth and listening to the messages of the body are truly empowering. Killgore includes several methods for changing self-talk patterns, a helpful chart of possible meanings for body discomfort and an exercise for stress relief.

The chapter on being present in the moment can help those who are having difficulties in their relationships, and the final chapter on self-forgiveness offers exercises in compassion for the self and for others.

11 of 11 people found the following review helpful.

Very Enlightening

By P. Witt

This book caused me to remember things in my life that brings meaning to my life today. There is so much information I am reading it for the second time. I am very thankful she took the time to put references in the back of the book to guide us further into the healing process.

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