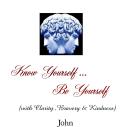
## THEFREECOLORINGPAGES.COM Ebook and Manual Reference

## KNOW YOURSELF BE YOURSELF WITH CLARITY BRAVERY AND KINDNESS EBOOKS 2019



Kuti

Author: John Kuti

Realese Date: Expected @@expectedReleaseDate@@

This book is about the way your brain creates the representation of reality that you feel as your personal identity, your unique, individual self. The left side of your brain uses rationality and fine focused attention to analyze, understand and objectify your world using words and symbols. The right side of your brain uses intuition and broad focused attention to create the emotional context of the world in which you live as a social animal. The left brain is about all nonliving things. The right brain is about all living things. They see two completely different worlds and the way you integrate those two things through your genetic predispositions and cultural socialization is the way you create your personal reality and feeling of self.u003cbr /u003eWe are the creatures who love one another and our humanity is based on the need to love and be loved and that primarily depends on feelings of acceptance and rejection that your left brain rationally tries to understand, analyze in order to know yourself while you're right brain tries to feel the emotional connection you have to your life. It's the way we integrate those two realities that makes each of us who we are as human beings.u003cbr /u003eThis book is about knowing yourself and being yourself as two distinct experiences that are integrated in many different ways that are unique to you as an individual human being. The first part of the book deals with how to achieve a better clarity of understanding in the way the brain of every human being represents reality using rationality and the fine focused attention of the left brain. The second and third parts of the book deal with the right brain emotional strengths of bravery and kindness that are necessary to face the emotional, social context of our world using the intuitive, wide focused attention that creates the living reality of our lives.u003cbr /u003eKnowing yourself and being yourself with clarity, bravery and kindness is the challenge every human being faces from the moment we are born to the moment we die. This book is an attempt to help you understand and feel those things as you seek to love and be loved in your unique and beautiful way using the most complex thing in the universe, your human brain.

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