



Life Purpose: A Guide to Discover Your True Nature (Paperback)

By Alexander Chase

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English. Brand New Book ***** Print on Demand *****. This book contains proven steps and strategies on how to Discover Your True Nature. One of the driving forces that have spurred research into social behavior and personal development is purpose. As people become gradually aware of who they are, they feel the need to discover more about their life s purpose and existence. The best approach to adopt when discussing and delving into the concept of purpose is having the knowledge of what purpose is and how different it is from goals and religiosity. Purpose refers to a cognitive process that defines your goals in life and provides you with a personal meaning. It is a central self-organizing aim that stimulates goals, manages behavior and gives you the essence of existence. By guiding the use of finite personal resources, purpose directs your decisions and goals in life. Instead of governing your behavior, purpose offers direction similar to a compass offering direction to a navigator. Following your purpose is purely optional but there are benefits of doing so. Obviously, the more profoundly affected by an experience we are, the bigger...



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