



## Be Your Own Guide and Mentor - Tips and Techniques for Self-Reliance and Spiritual Strength (Paperback)

By Dweep Jyot Singh, John Davidson

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Table of Contents Introduction Facing Challenges Capitalize on Your Own Strengths The Rope Trick Example Help and Support Gaining Clear Perspectives Analyze That Learn to Love Yourself Gaining Self-Esteem Identify Your Complexes Attainment of Perfection. Taking Responsibility and Taking Blame The Power of Forgiveness Holding Grudges Conclusion Author Bio Publisher Introduction Our parents are our best guides and mentors when we are young, but when we grow up, we may need to take our lives in our own hands. A colleague once asked me why I did not think of moonlighting as a self-help trainer, with all my experience in psychology, guiding, mentoring and training. I just told her that I definitely encouraged people to help themselves. Instead of looking for other people to help them, a person who was capable of thinking on his own, and making his own decisions was infinitely preferable to another who would just go to the nearest Guru and ask him to be his spiritual, emotional, and mental guide, mentor, and support.



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