



Realizing Your Potential for Fulfillment and Happiness: A Guide to Personal Awareness and Understanding (Paperback)

By Martin Skeer Ph D

iUniverse, United States, 2010. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.In this self-help guidebook, Martin Skeer, Ph.D., provides a unique conceptual framework that enables others to increase awareness and progress toward realizing personal aspirations, ultimately enhancing the quality of their lives. Skeer presents principles and a series of quantitative scales that allow measurement of one's fulfillment and happiness, challenging others to view their lives more realistically and gain a heightened awareness of the importance of daily gratitude. While sharing ideas cultivated from extensive discussions with Dr. Margie Skeer, an expert in social sciences, Skeer also provides hypothetical examples, guiding you through a journey of self-improvement. Learn how to: Understand actual versus potential Construct a value system Enhance relationships through interpersonal communication Recognize successes, no matter how small Differentiate between negative perceptions and constructive advice Take risks to improve potential Ultimately, there is nothing that matters more than fulfillment and happiness. Skeer's framework challenges you to consider the options to achieving success and inner joy and find a new way to view the world.



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