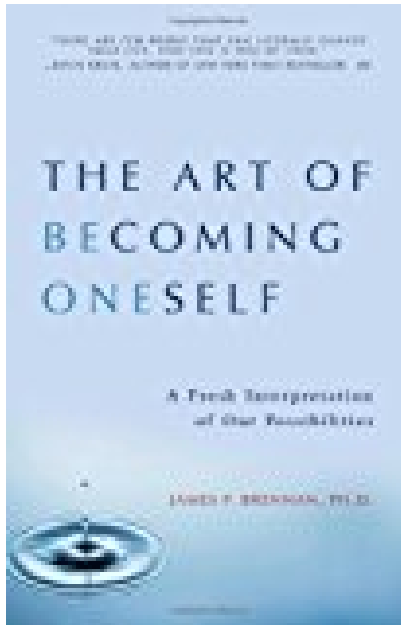


The Art of Becoming Oneself A Fresh Interpretation of Our Possibilities



BOOK DETAILS

- Author : James P. Brennan
- Pages : 156 Pages
- Publisher : Word Association Publishers
- Language : English
- ISBN : 1595717315

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BOOK SYNOPSIS

"Dr. Brennan's new book is a necessary read for anyone who wants to increase inner awareness, internal calm and expand loving relationships. He is an individual who has acquired unusual wisdom and we are the fortunate recipients of his diligent efforts...This is a beautiful book I will be reading and re-reading many times to fully grasp its growth promoting content." Dr. Arthur P. Ciaramicoli, Ed.D., Ph.D. Author of *The Power of Empathy*, *Performance Addiction*, and *The Curse of the Capable*.

"This is a truly inspiring and deeply insightful book for those who are interested in becoming a better leader and more importantly a better person. In *The Art of Becoming Oneself* Dr. Brennan provides a guide for a journey that leads to self-knowledge, fulfillment and ultimately greater happiness. I am recommending this book to all my friends and colleagues." Jay Wright, Villanova University Mens Basketball Coach

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