

14 Profound Books About Finding Yourself

Learn the way to find yourself.

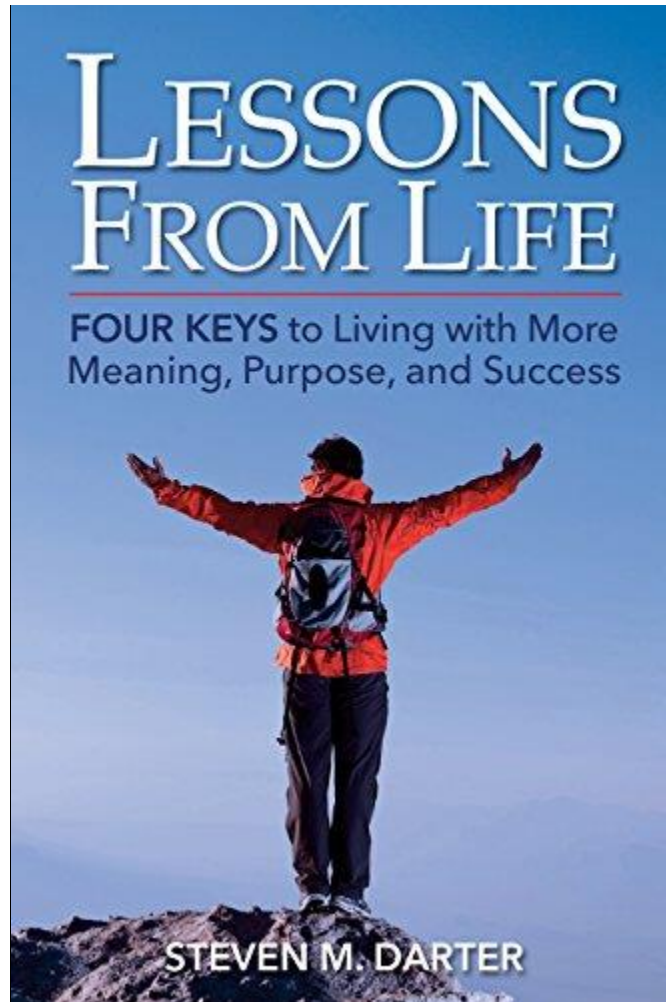


“Find yourself”, “finding yourself”, “F-I-N-D Y-O-U-R-S-E-L-F”. A phrase that one often hears being thrown around a lot, but what does it mean? Many people go through life not knowing who they really are. Just following whatever path parents, teachers, the media and society, in general, has prescribed to them as the right path. Which many don’t find even remotely fulfilling.

Finding yourself means to take the time to actually experience life outside these prescribed paths. To seek out experiences in the real world that you wouldn’t normally participate in with the goal that you actually learn what resonates with you. To discover something you might develop a passion for that brings you true fulfillment as an individual. It might be tricky to figure out where to start finding yourself, these books provide insight on how to begin the process.

#1

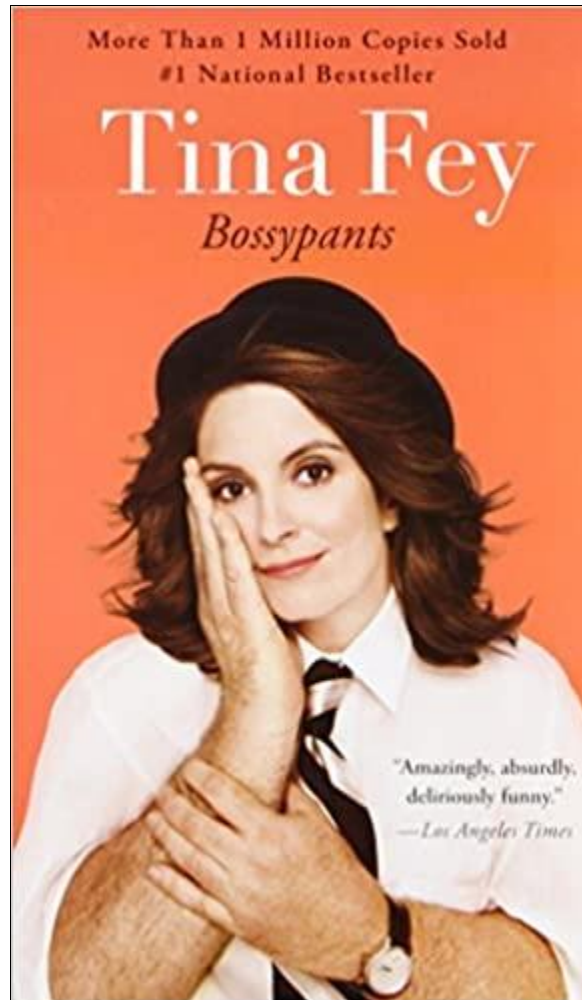
Lessons from Life by Steven Darter



Lessons From Life is a philosophical, spiritual, self-help memoir about giftedness, God, goodness, growth, development, difficulties, challenges, meaning, purpose, destiny, success, and becoming who you were designed to be. It's a deeply personal and inspirational book, filled with emotion, reflection, insight, and incredibly entertaining and relatable storytelling.

#2

Bossypants by Tina Fey

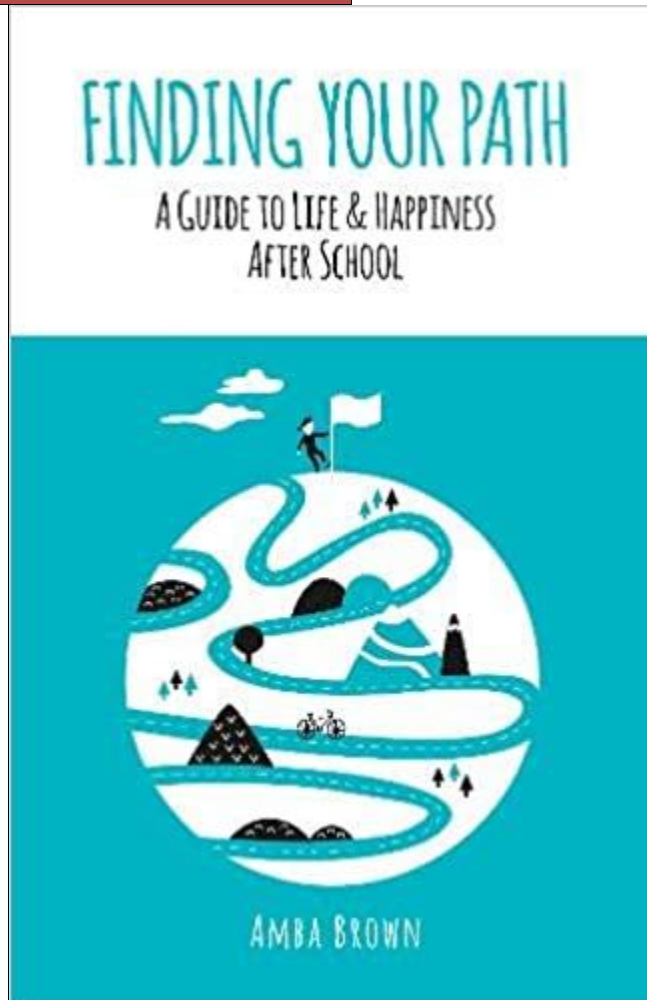


Who better to help you find yourself than a hilarious, famous comedienne who started off as just a normal girl? In this book, Tina Fey talks about her transformation from nerd to appearing on Saturday Night Live, as well as her other professional pursuits. Covering it all, including the pressure to be beautiful, the pressures of motherhood, and romantic ups and downs, this book is extremely engaging, informative and funny.

#3

Finding Your Path – A Guide to Life & Happiness

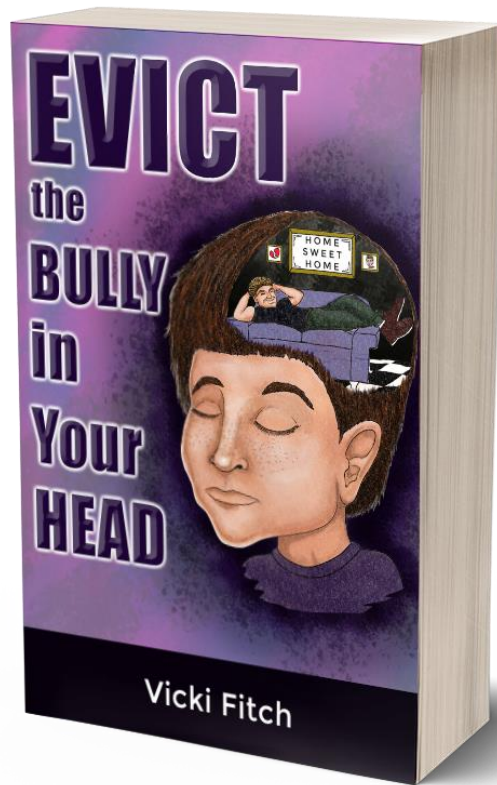
After School by Amba Brown



A joyous and practical book to help school leavers find their direction in life, because working out what you want to do once you leave school can be terrifying. Finding Your Path is a smart, upbeat, simple and fun guidebook written to inspire graduating students in the next all-important phase of their life.

#4

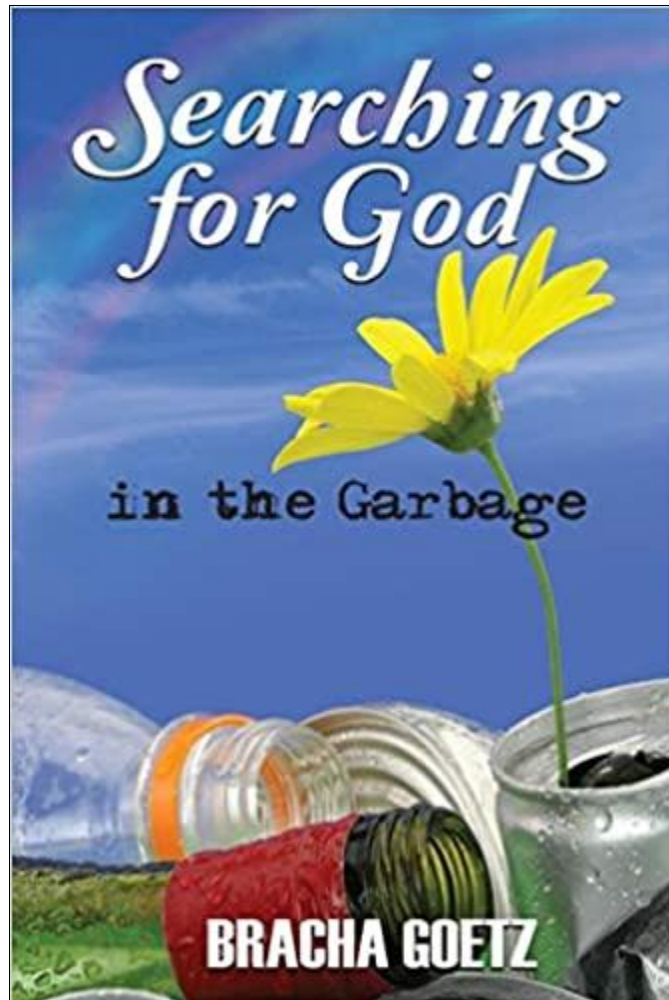
Evict the Bully in Your Head by Vicki Fitch



Evict the Bully in Your Head teaches sensitivity and diversity training as well as helping people that have been subjected to the uncomfortable and often unacceptable behavior of others by looking at it with a new, fresh set of eyes using Empathy as our catalyst for change. The premise for the book and the global #YouAreEnough movement is ridding ourselves of NES (Not Enough Syndrome) while recognizing our internal value and standing up for ourselves in a way that engages the Headspace Heroes like Confidence and Courage and evicts Bullies like FEAR, Doubt, and Shame.

#5

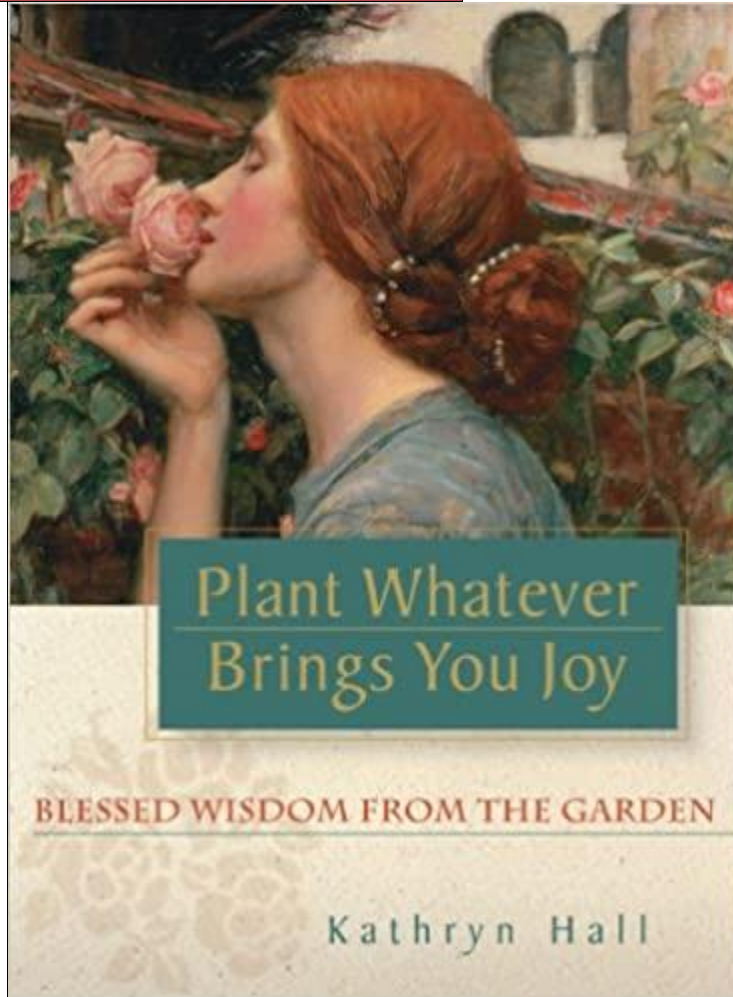
Searching for God in the Garbage by Bracha Goetz



Searching for God in the Garbage is an out-of-the-box and candid coming-of-age memoir about a Harvard grad who is miserable until she discovers she is a soul, simply housed in a body. This is a book about finding your shining essence so you can nourish it and live joyfully.

#6

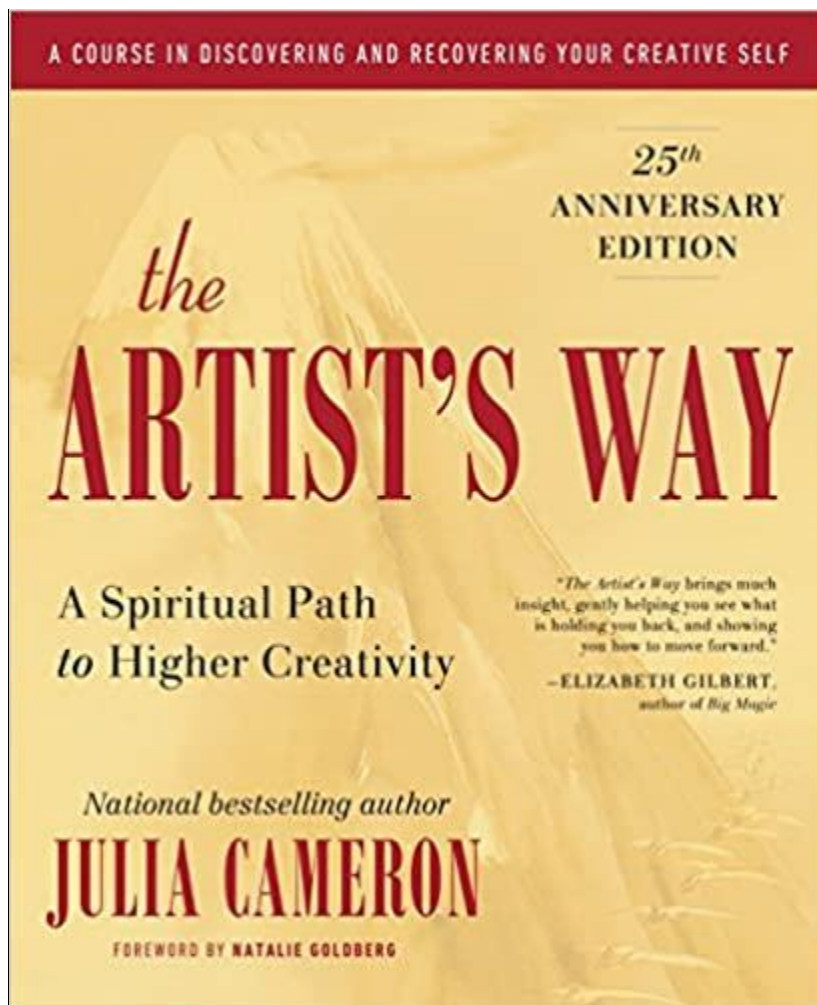
**Plant Whatever Brings You Joy: Blessed Wisdom
from the Garden by Kathryn Hall**



Plant Whatever Brings You Joy was written entirely to assist readers in finding their own inner truths, using 52 metaphors culled from the author's working in a variety of gardens over a twenty year period. Each of the 52 metaphors is followed by a story from the author's life, illustrating the practical application of each lesson.

#7

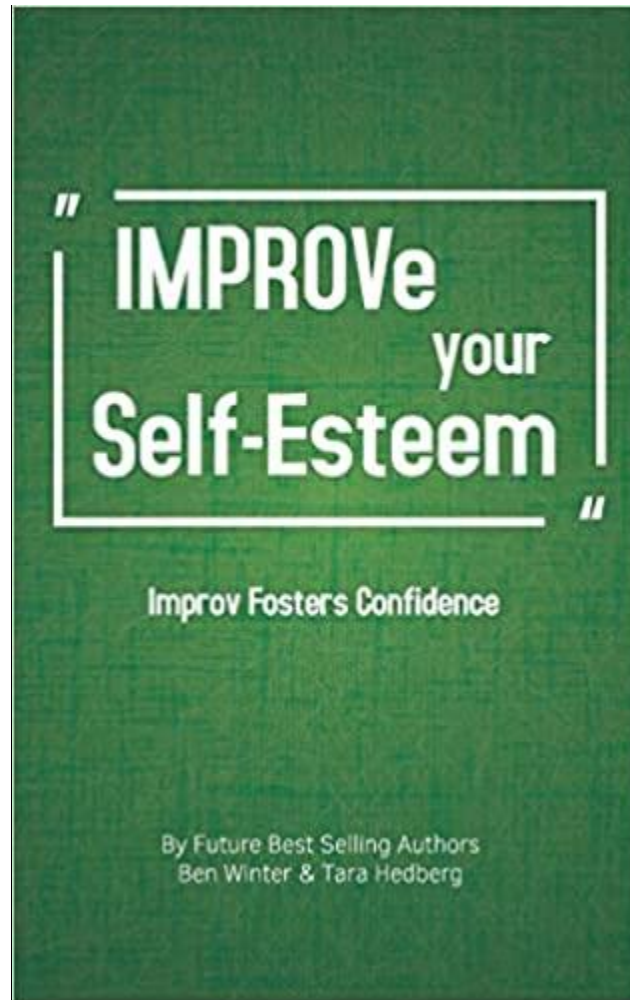
The Artist's Way by Julia Cameron



The book guides you on a 12 week journey of discovery and arms you with two of the most powerful tools I have ever encountered for becoming more in tune with myself, Morning Pages and the Artists Date. Not only is this book a powerful tool, it is lots of fun!

#8

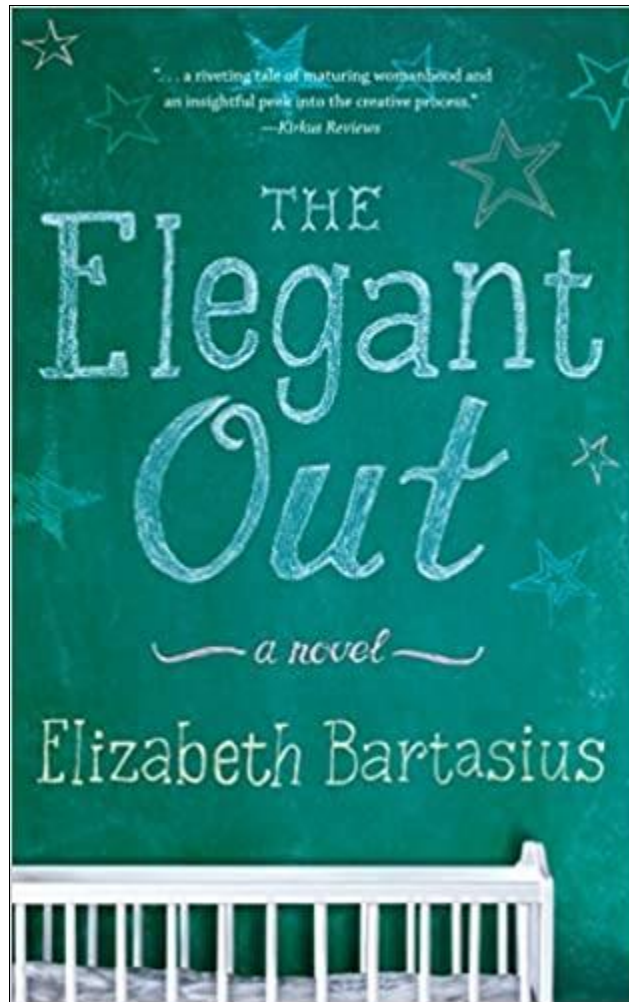
IMPROVe Your Self-Esteem by Ben Winter & Tara Hedberg



This book is about Ben Winter and his journey of finding himself using the tools and techniques of improv (among other things). And he spells out how to do it yourself.

#9

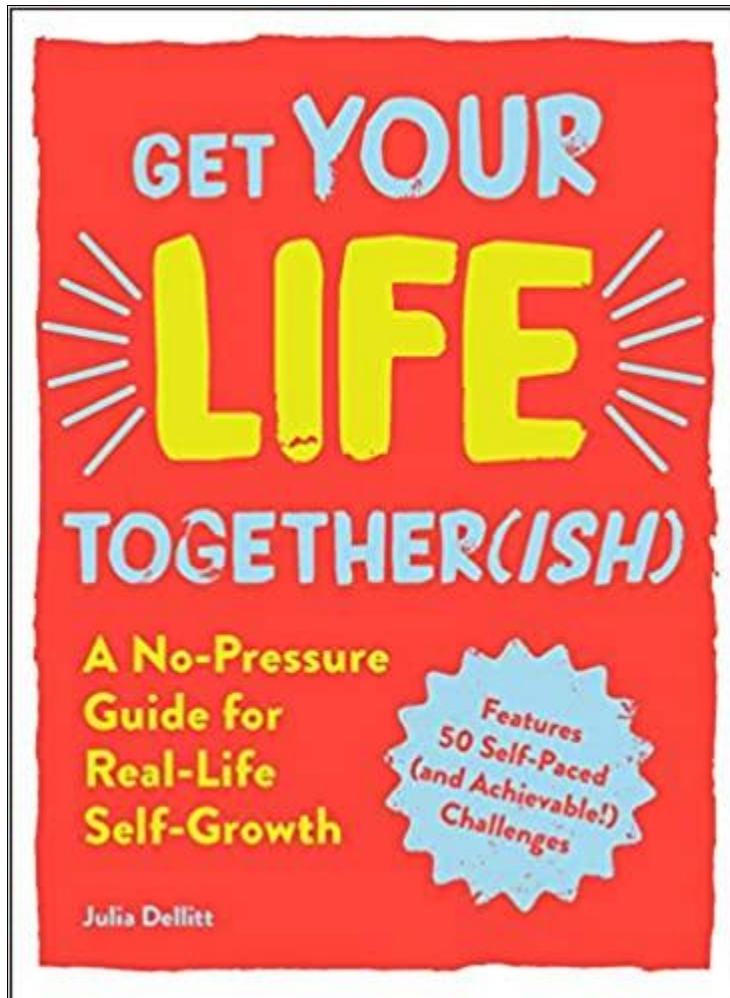
The Elegant Out by Elizabeth Bartasius



For anyone who's ever felt stuck in life, confused by what their next move should be, this book is for you! Elizabeth must come to terms with what she really wants: to have another baby or to finish the book she feels destined to write. Funny and unflinchingly honest, it's the perfect read to inspire some serious self-exploration.

#10

Get Your Life Together(ish) by Julia Dellitt

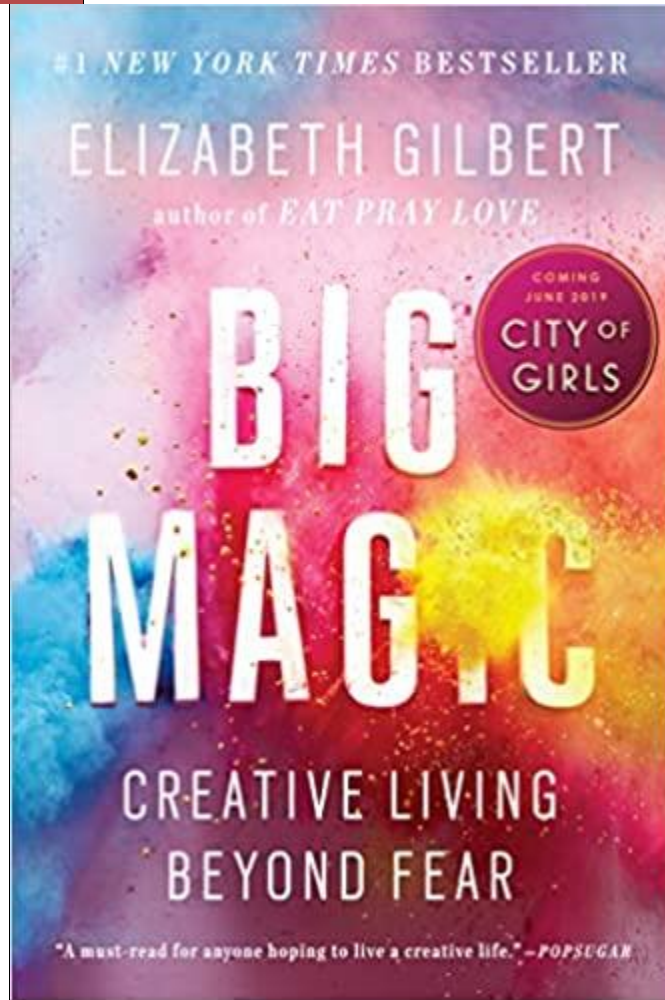


Achieve your goals—no matter how big or small—with these 50 simple challenges that actually fit into your life, using this accessible and self-paced approach to self-improvement. Looking to improve your relationships? Be more confident at work? Eat less sugar?

However you want to be better, Get Your Life Together (Ish) is here to help with fifty simple, actionable challenges to self-improvement. With reward-based challenges ranging from easy to hard, this book will be with you every step of the way in your journey to the person you want to be.

#11

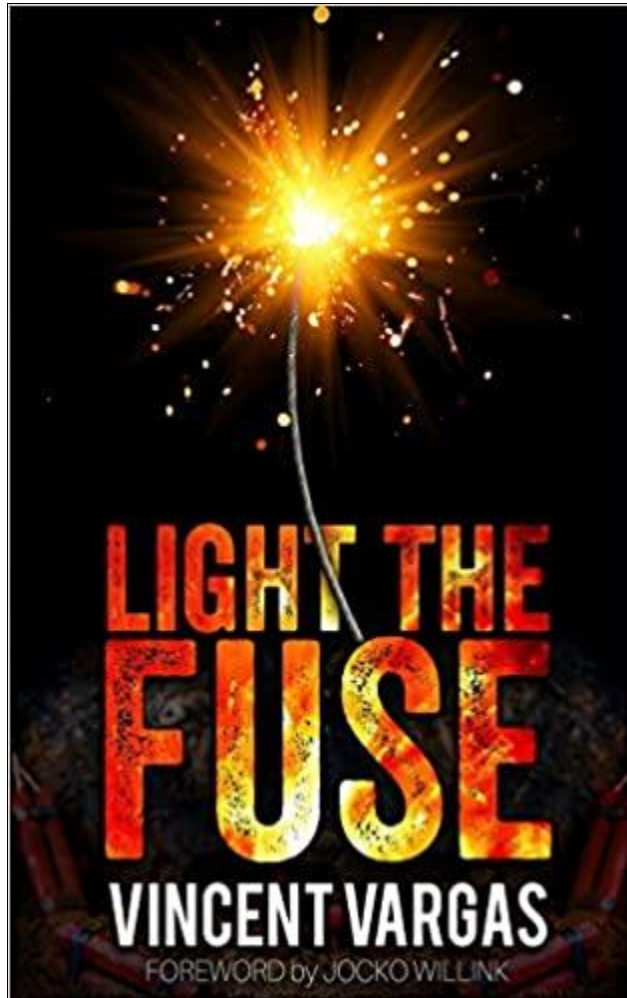
Big Magic: Creative Living Beyond Fear by Elizabeth Gilbert



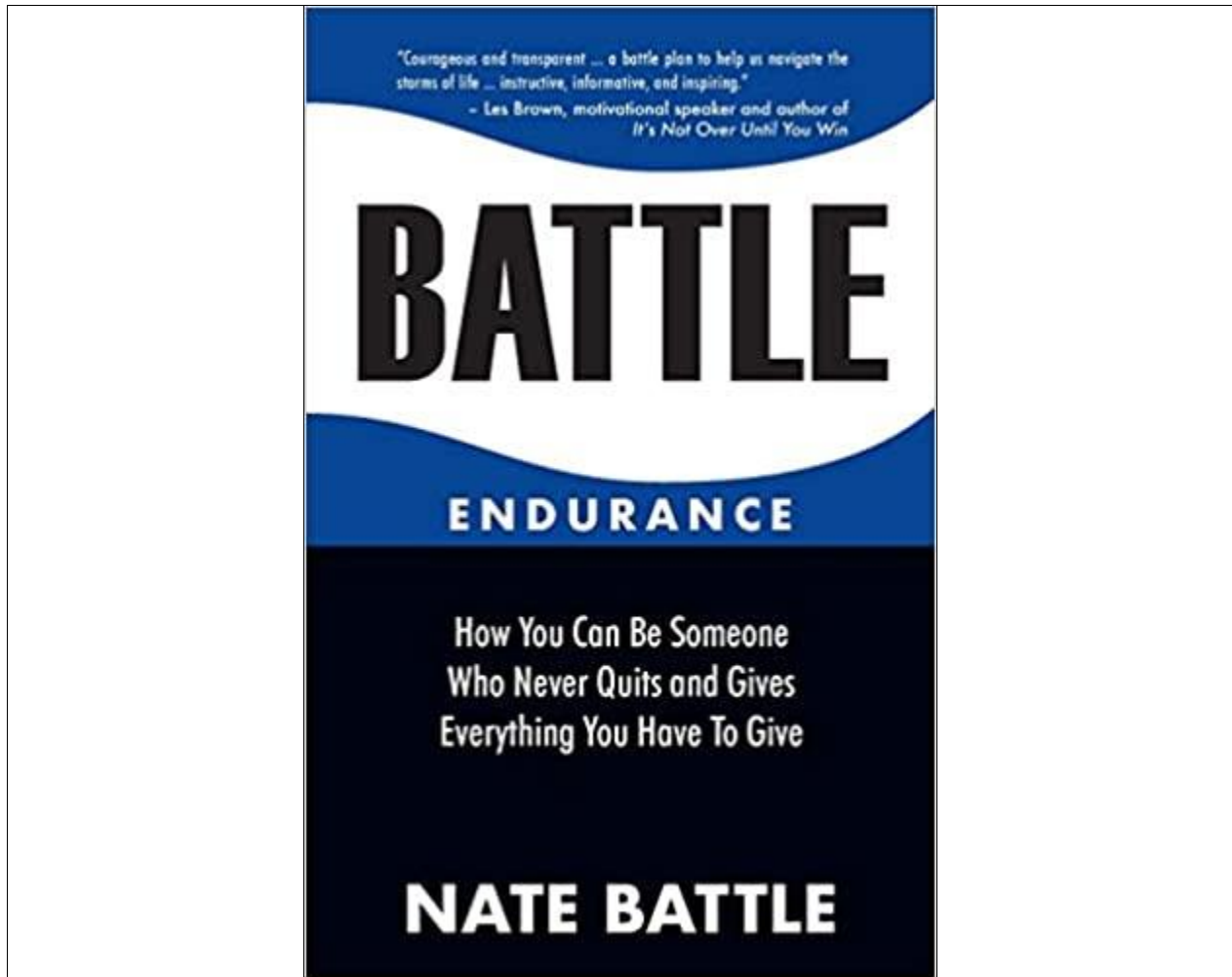
This book is like taking advice from your older sister; your experienced, wise, funny, successful older sister. It is full of encouragement, guidance, and a little point to the Divine- all what any woman needs to get of her own way and do something amazing! It's just the right amount of push into believing she can change the world through her creativity! (Or maybe just change her little corner of it. And that works too.)

#12

Light The Fuse by Vincent Vargas



In our present culture of victim worship and safe space seeking, Vincent “Rocco” Vargas’s, “Light The Fuse,” is the honest voice of reason. From childhood to a special operations member, to a starring role in FX’s hit TV series “Sons Of Anarchy: Myans,” Rocco understands that the world can seem unforgiving at times. In the following pages, Vincent shares his approach to improving daily life, relationships and finding meaningful success.

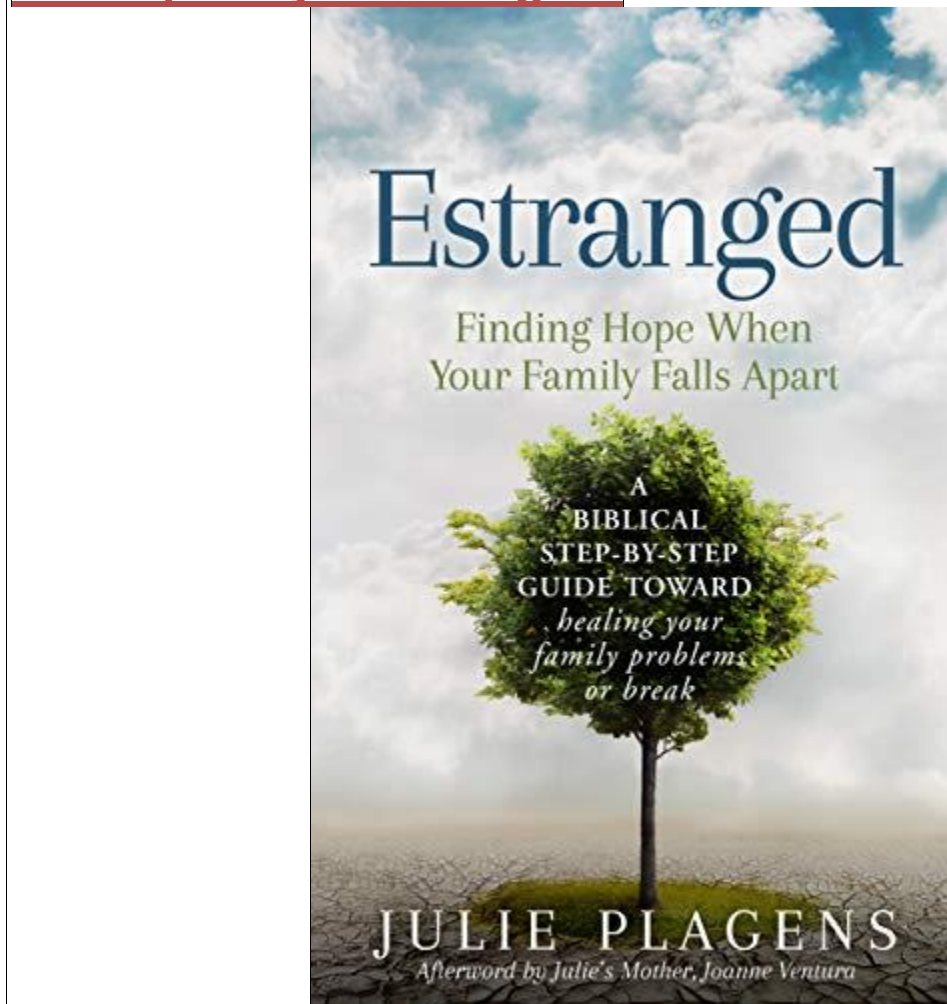


If you are searching for a tool to help you sift through the noise and find your true self, this is your book. It lays out a roadmap on how you can look beyond challenges, expectations, and facades to be your true self. It was written with the idea that readers can replace the challenges presented with your own, being able to see yourself while learning how to let go, work through conflict, obstacles, and difficulties and limiting negative self-talk, one step, action, moment and battle at a time. It speaks to how we are at times distracted by false beliefs and faulty thinking.

Shared are many stories, and approaches on letting go, how to live in the present and having a full and more peaceful life. It's engaging and relatable while including an honest selection of experiences readers of all ages will find as useful tools to help live a full life. "This book puts language around so many

feelings I had. It also reminds me of a place of peace that must be maintained for me to avoid those pitfalls.” A book which motivational speaker Les Brown calls instructive, informative, and inspiring ... a guide to live your life victoriously.”

#14 Estranged: Finding Hope When Your Family Falls Apart by Julie Plagens



Estranged is unique in that it not only gives personal stories from both sides of the estrangement (which is rare), but it also gives tips to help families move towards hope and healing, even if there is never reconciliation.