



# **Personal Development: The First Steps to Living Your Best Life (The Joy of Being Incomplete Book**

**5)**

*Grant Andrews*

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# **Personal Development: The First Steps to Living Your Best Life (The Joy of Being Incomplete Book 5)**

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## **Embark on a journey of self-discovery**

**This book is made up of the first four chapters and meditations of The Joy of Being Incomplete series.**

Do you wonder about what the meaning and purpose in your life is? Many of us struggle with knowing who we truly are and where our lives are going. We don't know ourselves well or understand our place in the world. We can't seem to form the good habits that will make our lives truly authentic and exceptional.

### **Why is it a joy to incomplete?**

I personally struggled for much of my life to be perfect, always chasing the ideal of what I thought other people wanted me to be. In the process, I forgot that who I am is good enough. Learning to find joy in my own incompleteness was the process that led me to write this book. The book is a celebration of our humanity and our innate goodness. When you learn to love yourself as you are, you can find authentic joy every day.

### **This collection of three books can help you to live your best life**

Each of the three books in this collection looks at a different aspect of life:

- Book I deals with your personal life: your body, mind, emotions and soul
- Book II looks at your relationship with the world: service, work, money, failure and love
- Book III looks at spiritual and universal concepts like grace, vulnerability, forgiveness and the meaning of life

### **Be Your Best Self, Every Day**

Each chapter ends with a detailed set of questions and meditations on all of the points discussed. You can journal about your answers to these questions to gain a deeper understanding of who you are, how you choose to live your life, and how to have deeper connection with life and spirit. There are over 40

meditations across all three books on subjects like time, responsibility, anger, courage and your personal power to change the world.

### **Clear guidelines and strategies to make your spirituality practical**

The books in this collection also offer some suggestions on how you can enhance your life in every way. Meditation techniques, ideas and self-analysis are offered in order to find out what your authentic truth is, and to help you to live that truth every day.

### **I have been on my own spiritual journey, and guided many others on theirs**

Grant Andrews is an academic and lecturer from Cape Town, South Africa. He has been involved with spiritual writing, classes and worked with spiritual leaders since 2008. He teaches seminars in self-improvement and assists young people with self-acceptance and living their best lives.

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