



Who Am I? How Do I Find Me?

By Meda Killgore

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Who Am I? How Do I Find Me? is a hands-on, how-to guide filled with information and easy-to-follow exercises designed to free your present moment experience from the grips of the past. Who you really are, i.e. your True Self, is empowered with insight, healing and life-changing action. You'll learn how your true self gets lost, how to recognize and reconnect with your true self and how to heal and empower your true self. Who am I? How Do I Find Me? goes beyond self-help, through self-discovery, and to self-empowerment! The author, Meda Killgore, is a clinical social worker whose work with individuals and families has resulted in the recognition of how negative life experiences can profoundly restrict self-expression. Meda's life passion has become helping others recognize and express the True Self.

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