



# **Who I Am Book 2: a Workbook for Building a Healthy Life (& Adding to Your Self-Awareness) (Volume 2)**

*Taylah Magdalene*

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## **Who I Am Book 2: a Workbook for Building a Healthy Life (& Adding to Your Self-Awareness) (Volume 2)** Taylah Magdalene

Here's a book to help you ensure your life is not just one struggle after another. Many people feel they are so busy just trying to get through the day they don't have time to enjoy it. Nothing really seems to work out as they planned and they feel a lot like a mouse running round and round on a wheel. As an adult you are responsible for your own well-being. No one else is. You have to build a strong foundation for your life. How solid and secure your life will be totally depends upon this. Most people have this foundation laid for them by loving parents and a healthy childhood. For some of us, bits are missing from the foundation or it doesn't get laid at all so we have to build it for ourselves. Even if you are not quite an adult yet - you will be one before you know it! Learning how to build a healthy life and why it is SO important will give you a good head start. This workbook is not a heady tome that you have to wade through to find gems of wisdom - but it has enough substance to be truly helpful. The questions are designed to make you think as well as to help you grow further in SELF-AWARENESS.

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