



The Secret Me Book

By Rachel Kempster, Meg Leder

Sourcebooks, Inc. Paperback. Book Condition: new. BRAND NEW, The Secret Me Book, Rachel Kempster, Meg Leder, It's about recognizing who you were, who you are, who you wish to be. It's not about self-help or self-improvement - rather it's about self-recognition - getting to know and trust and rely upon the core parts of yourself. You'll discover what you're made of: the strength that will carry you through days of joy and spring, days of heartbreak and loss, days of the ordinary. All wrapped up in a package that encourages doodling, scribbling, and dreaming, My Secret Me enables everyone to recognize and celebrate the unique quirks that make them shine - no matter how big or small. You'll discover what makes you you. Some samples: In Philip Pullman's Golden Compass books, the characters all have daemons - animal manifestations of their inner selves. What would your daemon look like? Draw it here. Imagine you could pick up today and move anywhere in the world. Where would it be? What's that tattoo you've always wanted, even if you never get it? Draw it here.



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