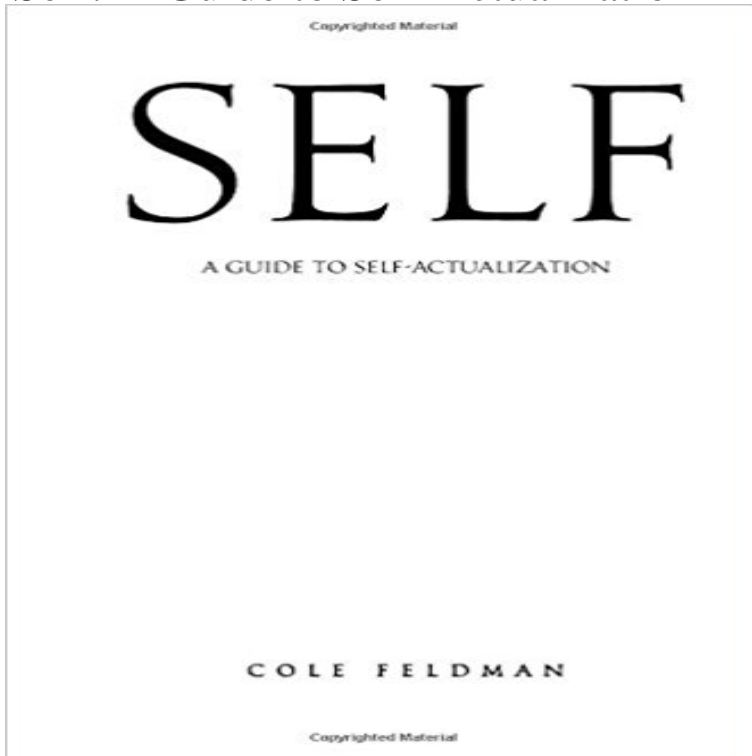


Self: A Guide to Self-Actualization



Self is the offspring of a marriage between amateur philosophy and modern self-help, answering life's biggest questions through the eyes of a 20-year-old American college student. This book discusses how to become your best self, but differs from other self-help books in that it will also continually ask the question: why must we become our best selves?

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