

**BECOMING A BETTER YOU: WHO YOU ARE  
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VAJDA**

**BECOMING  
A BETTER YOU**  
Who You Are vs. Who You Think You Are



**Peter Vajda, Ph.D.**

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# BECOMING A BETTER YOU

Who You Are vs. Who You Think You Are



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## About the Author

Peter Vajda, Ph.D., C.P.C. is an astute observer of human behavior and a passionate pioneer in the field of integrative functioning and human development. His experience as an entrepreneur, an educator, a facilitator, and a manager inform his work as a coach, consultant and facilitator. Peter earned his Ph.D. in Education and Cognitive Psychology from Fordham University. His post-graduate work is in organizational behavior at NYU's Stern School of Business. Dr. Vajda is a regular contributor to the widely-acclaimed international [Management-Issues.com](#) website.

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Becoming a Better You is a conscious journey of self-development with practical and accessible tools, exercises and practices for uncovering and eliminating blocks and barriers to living a full, rich and productive life. It follows a methodical, constant questioning and self-examination, requiring perseverance, focus and a constant awareness of one's thoughts, emotions, and body; including one's breathing. This book will help the reader realize their full potential moving from self-deceptions to one's own destined perfection, by looking at an issue from every angle and asking the questions that really matter, which will help change one's life.

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By Karen L.

Chapter 20 of Peter's book suggests just that! Forget affirmations - do this inventive "TV watching" exercise to eliminate (free yourself of) the bad, to make room for the positive talk to be heard! I feel that I am somewhat of an aficionado of self-help books. I keep telling myself I am sworn off of buying them...but then I saw Dr. Vajda give a presentation, and afterward he told us he'd written a book. He also stated ""it will be one of the last self-help books you will ever read." I admit I like to "skip around" and just open the book to whatever chapter speaks to me, and each time I have found something unique - something I had not encountered in other self-help books. He is right, it will probably be the last self-help book I will ever read, because I will refer back to it again and again.

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By Dennis McKenna

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He acknowledges the universal goal of all of us to "become a better you", and insightfully unravels the process.

A delightfully academic and practical blend of the processes involved that has invaluable significance to those focused on self-improvement.

Dennis G. McKenna, P.A.-C.

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After reading Peter's book I found so many reasons for the things I believe and the reasons I do many of the things I do. It was so insightful to see myself and others I know in the pages and gain a clarity around those personas.

A great read and must read if you are looking to gain a better understanding of who you are and how to become a better version of yourself.

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