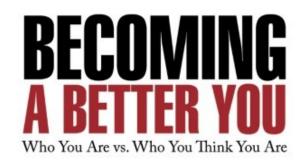
BECOMING A BETTER YOU: WHO YOU ARE VS. WHO YOU THINK YOU ARE BY PETER VAJDA





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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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