



## Finding the Real You: A Practical Guide for Students

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By Cathy Dean

Hothive Books. Paperback. Book Condition: new. BRAND NEW, Finding the Real You: A Practical Guide for Students, Cathy Dean, Can you answer 'yes' to any of these statements? \* I'm going to university soon and I want to be able to make the most of my time there \* I've been at university for a couple of months and I'm finding it hard to settle \* I don't really know who I am and I wish I had more confidence \* I think I've made a big mistake coming to university but I don't know what else to do \* I'm enjoying my course but I'm worried about what comes next \* I want to try new things but I don't have the confidence \* I'm determined that my life from now on will be better than it has been up to now If you can then this is the book for you! Colour in your Future has been designed to take you on a journey of self-discovery. As you work through each of the exercises in turn, you'll really get to know, love and accept yourself. You'll understand what makes you tick and you'll learn how to communicate effectively...



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