



Guard Your Core: 17 Life Lessons on Me, Myself and I

Jay Payne

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Guard Your Core: 17 Life Lessons on Me, Myself & I provides a succinctly engaging yet revelatory roadmap for improving life balance. Your core type and your personality type dictate what and who you are. Your core is made up of mind, body and spirit (emotions). One of these outweighs the other two facets in order for you to operate and function at your very best. That is your “core type” and it must be guarded. Your personality is made up of Me, Myself & I. One of these facets dominates over the other two. That is your “personality type.” Your personality type must be resisted in order to maintain balance within interpersonal relationships. This book will help you attain life balance and gain a positive edge in dating, marriage, getting along with coworkers, employers and beyond as you start seeing and understanding people through their core and personality types. This book is a quick-read journey of self-discovery and empowerment.

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