



# Discover Your Authentic Self: Be You, Be Free, Be Happy

*Sherrie Dillard*

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# Discover Your Authentic Self: Be You, Be Free, Be Happy

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## **Discover Your Authentic Self: Be You, Be Free, Be Happy** Sherrie Dillard

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With essays to uplift and engage you through personal stories, meditations, exercises, affirmations, and question prompts, *Discover Your Authentic Self* shows you how to live according to your passions and purpose. Explore a range of topics for self-discovery, including intuition, spirit animals, recognizing personal abilities as related to archetypes, living your purpose, spirit essence and energy (chakras and auras), and more. With this remarkable book, you'll unlock your truth and set yourself free.

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