



I am Enough: Discover the Real YOU

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I Am Enough is a practical guide towards awakening your inner magnificence. Filled with real-life stories of students and young adults who have overcome personal obstacles because of the strength of their mind and self-esteem, this book seeks to inspire an individual's journey to delve deeper into discovering their inner strengths. After writing several books and working with teens over the past decade, one of my greatest sources of pain is still seeing young people sell themselves short. We won't get from life the things we feel we don't deserve. Our potential and life path is hinged upon what we believe is possible. Fortunately, Nalini Taneja Ph.D shares insight and inspiration to help young people develop the confidence and self-esteem necessary to build a life they're proud of and a life they will enjoy. 'I Am Enough' is enough to change your life or someone else's. The path to success, however you define it, is a journey; this book could be your first step towards it. Kent Healy co-author (The Success Principles for Teens: How to Get From Where You Are to Where You Want to Be)

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