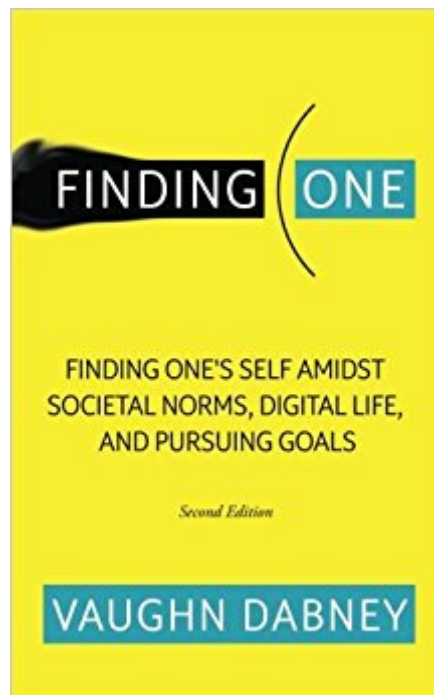




Ebook Directory
the best source of ebook

The book was found

Finding One: Finding One's Self Amidst Societal Norms, Digital Life, And Pursuing Goals



Synopsis

"Finding One" is a book about the discovery of one's self while navigating the challenges of societal norms, digital life, and pursuing goals. Vaughn Dabney challenges the norm and forces readers to question everything, acknowledge fears, and find truth. In this second edition, the reader is given writing space at the end of each chapter to take notes and reflect. In this book you will find mantras, philosophies, and ways of thinking that deal with: Ego & Self Goals & Achievement Relationships Communication Energy Dealing with Societal Norms The Happiness Factor There are "Actions & Reflections" sections in some of the chapters to allow for critical thinking and actionable items.

Book Information

Paperback: 124 pages

Publisher: CreateSpace Independent Publishing Platform; 1 edition (December 4, 2016)

Language: English

ISBN-10: 1489536396

ISBN-13: 978-1489536396

Product Dimensions: 5 x 0.3 x 8 inches

Shipping Weight: 6.7 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 24 customer reviews

Best Sellers Rank: #1,029,395 in Books (See Top 100 in Books) #59 in Books > Business & Money > Business Culture > Work Life Balance #890 in Books > Business & Money > Women & Business #3704 in Books > Business & Money > Business Culture > Motivation & Self-Improvement

Customer Reviews

Vaughn Dabney was born in Westminster, CA in 1984 then moved to (and ultimately grew up in) Silver Spring, MD when he was 11 years old. He attended college at DeVry University earning a Bachelor's in Electronics Engineering Technology summa cum laude. In his last year of college, he taught himself how to code moving from web to mobile over the course of 10 years ultimately creating his current company, Empty Box Media, in 2009. To-date, Vaughn has personally developed over 30 mobile apps for clients as well as personal apps for both iOS and Android platforms. He is a self-proclaimed renaissance man, delving into: photography, film, art, and music.

This is part one, of a two-part review. I didn't want to wait to read it with my book club, so I read it on my own first, and will read it again with them, which will be followed by an even more in-depth

review. That said, I'd like to start by saying this book was a VERY easy read!!! I consider myself to be a very slow reader, and I was done in no time...yet, I still find it useful enough to read a second time without feeling a sense of redundancy. I will say that if you're a person who already takes interest in personal growth and development, much of the information may not be entirely new, but very to the point, which for some of us, is how we learn anyway. For me (and hopefully for you too) there will be a few things that call to your attention, and will challenge you to think more deeply and really decide if your current stance is REALLY how you feel or just a "brule" (bs rule that you've just accepted without any type of assessment). Did I agree with absolutely everything? Nope! But I think that may be the point. He's not telling you "agree with everything I say," he's just telling you that you don't have to agree with everything that ANYONE (or society) says if it doesn't really resonate with you. I don't need a book, or some author to talk down to me, I've had enough of that to last two lifetimes. But Dabney's tone seems to be intended to challenge you, while still respecting that you may walk away with a different point of view. Bottom line, the content makes sense, it's super easy to read, and I could only imagine that doing so would be far more helpful than harmful. I'll be taking this into my book club with confidence that the experience will be a rewarding one.

As soon as I started I couldn't put it down. It's one of those quick reads that has many gems that challenge and empowers a fresh perspective. You know the feeling when eating an amazing meal and you're totally satisfied but want a little more. I'm sure to revisit in the near future. Thank you Vaughn, continue to inspire brotha.

Great book. Purchased one for hubby & myself. Simple life tips that will empower you and shift our mindset.

This book is like a quick and easy jump start to finding yourself. I would say read it more than once just to check yourself. Once I picked up the book I couldn't stop reading! I've already shared it with my mom and plan on sharing it with all of my friends and family.

To the point, simple read. This is the kind of book I'll read more than a few times!

"Finding One" took me on a journey of self reflection. Many "golden nuggets" to learn from and apply to my daily life. Particularly loved how the books dares you to go out and apply some of the principles talked about. Great read.

I have no doubt that Vaughn Dabney had great intentions with this book, but it read like a college term paper, glaring grammatical errors and all. I was really disappointed.

Such a great read! Read in a day! Couldn't put it down. Looking forward to sharing with others.

Goes over the simplest yet deepest aspects of our daily lives

[Download to continue reading...](#)

Finding One: Finding one's self amidst societal norms, digital life, and pursuing goals
Legislating for Equality: A Multinational Collection of Non-Discrimination Norms. Volume II: Americas (Legislating for Equality - A Multinational Collection of Non-Discrimination Norms (4 Vols.))
Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1)
Better Running Goals: The Step-by-Step Guide to Setting Goals for Your Body, Mind, and Lifestyle
Picking and Sticking with New Year's Resolutions beyond January (Inspiration, quick read): On the road to your goals (New Year's Resolution, goals, organization)
Confidence: How to Build Powerful Self Confidence, Boost Your Self Esteem and Unleash Your Hidden Alpha (Confidence, Self Confidence, Self Esteem, Charisma, ... Skills, Motivation, Self Belief Book 8)
Self Love: F*cking Love Your Self Raise Your Self Raise Your Self-Confidence (Self Compassion, Love Yourself, Affirmations Book 3)
Daily Self-Discipline: Everyday Habits and Exercises to Build Self-Discipline and Achieve Your Goals
Handbook of Weather, Climate and Water: Atmospheric Chemistry, Hydrology and Societal Impacts
Wind Energy Essentials: Societal, Economic, and Environmental Impacts
Nanotechnology Risk Encyclopedia: Medical, Environmental, Ethical, Legal, and Societal Implications of Nanomaterials
Nature's Services: Societal Dependence On Natural Ecosystems
Life Coaching: Complete Blueprint to Becoming a Powerful Influential Life Coach (Life coaching, Life improvement, positive thinking, coaching, better leadership, goals, consulting)
A Quiet Strong Voice: A Voice of Hope amidst Depression, Anxiety, and Suicidal Thoughts
Left To Tell: Discovering God Amidst the Rwandan Holocaust
Eckhart Tolle's Findhorn Retreat: Stillness Amidst the World
A Table in the Presence: The Dramatic Account of How a U.S. Marine Battalion Experienced God's Presence Amidst the Chaos of the War in Iraq
Libya: A Civilization Amidst the Dunes (Countries of the World)
NAVY SEAL: Self Discipline: How to Become the Toughest Warrior: Self Confidence, Self Awareness, Self Control, Mental Toughness (Navy Seals Mental Toughness)
Gamification: Using Gaming Technology for Achieving Goals (Digital and Information Literacy)

Contact Us

DMCA

Privacy

FAQ & Help