



# **Finding One: Finding one's self amidst societal norms, digital life, and pursuing goals**

*Vaughn Dabney*

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# Finding One: Finding one's self amidst societal norms, digital life, and pursuing goals

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**Finding One: Finding one's self amidst societal norms, digital life, and pursuing goals** Vaughn Dabney

"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 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 "Action & Reflection" sections in some of the chapters to allow for critical thinking and actionable items.

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People live in this new time of lifestyle always attempt to and must have the free time or they will get large amount of stress from both way of life and work. So , when we ask do people have time, we will say absolutely without a doubt. People is human not really a robot. Then we ask again, what kind of activity do you have when the spare time coming to anyone of course your answer may unlimited right. Then ever try this one, reading textbooks. It can be your alternative with spending your spare time, typically the book you have read is Finding One: Finding one's self amidst societal norms, digital life, and pursuing goals.

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Playing with family in a park, coming to see the sea world or hanging out with friends is thing that usually you will have done when you have spare time, after that why you don't try issue that really opposite from that. 1 activity that make you not sense tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of information. Even you love Finding One: Finding one's self amidst societal norms, digital life, and pursuing goals, you could enjoy both. It is excellent combination right, you still need to miss it? What kind of hangout type is it? Oh seriously its mind hangout folks. What? Still don't have it, oh come on its named reading friends.

#### **Jason Probst:**

In this era globalization it is important to someone to get information. The information will make a professional understand the condition of the world. The condition of the world makes the information much easier to share. You can find a lot of personal references to get information example: internet, magazine, book, and soon. You will see that now, a lot of publisher which print many kinds of book. The actual book that recommended to your account is Finding One: Finding one's self amidst societal norms, digital life, and pursuing goals this reserve consist a lot of the information with the condition of this world now. This specific book was represented how can the world has grown up. The terminology styles that writer make usage of to explain it is easy to understand. Often the writer made some research when he makes this book. Here is why

this book acceptable all of you.

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