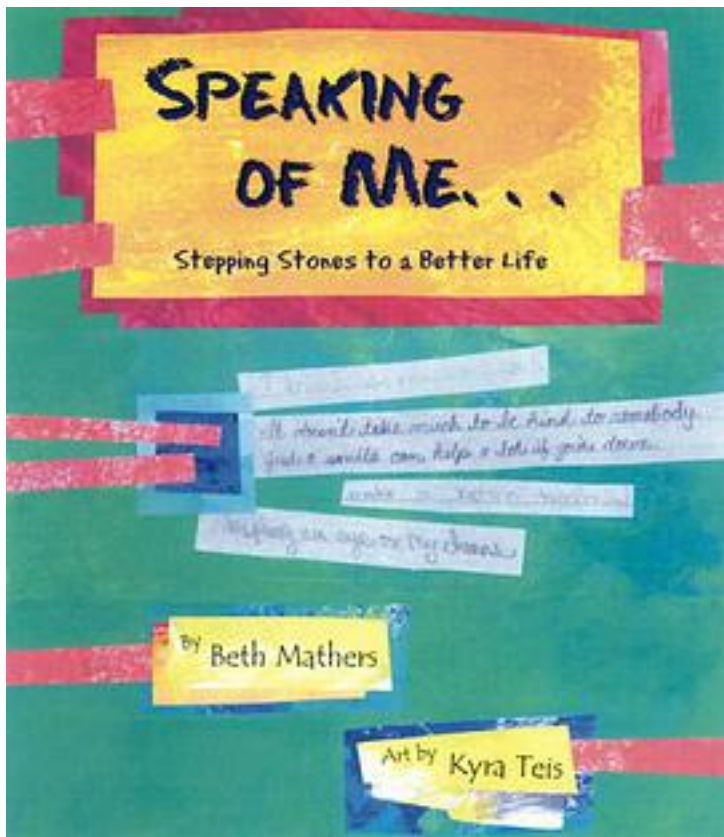


# Speaking of Me...



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A handbook for life and self-discovery, *Speaking of Me* grew out of the highly-successful workshops Beth Mathers conducts for teens. Quotes and aphorisms from great men and women, spanning all cultures and all eras of civilization, are the starting point for a workbook that everyone can use to find self-knowledge and a way to a fuller life. Subjects include courage, friendship, forgiveness, kindness, generosity, learning to love and be loved, and many other essential aspects of happiness and

fulfillment.

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