

*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.

*I Am Enough* will make this journey fun and interactive, with the help of activities and goal-oriented tasks at the end of each chapter. Covering topics that include overcoming fear, bullying, lack of confidence, mindfulness, stress, and character-building, among others, *I Am Enough* will inspire the reader to look within and discover the talents he or she is born with.

The author's twenty-five-year experience in teaching in different parts of the world, observing and learning from her students, forms the backdrop of this book. *I Am Enough* is built on the conviction that for every individual believing "I am enough" is all that it takes to be a complete person in their own right.



**Nalini Taneja**, PhD, is an educator, author, trainer, and transformational speaker. She has conducted training workshops in schools and universities, while working with UNICEF, UNESCO, and UNAIDS on aspects of health and education in countries like South Korea, Australia, India, and the Sultanate of Oman, among many others. She believes she is a teacher and an awakener.



I AM ENOUGH

NALINI TANEJA



I am...



Photo by Michela Martiniello



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