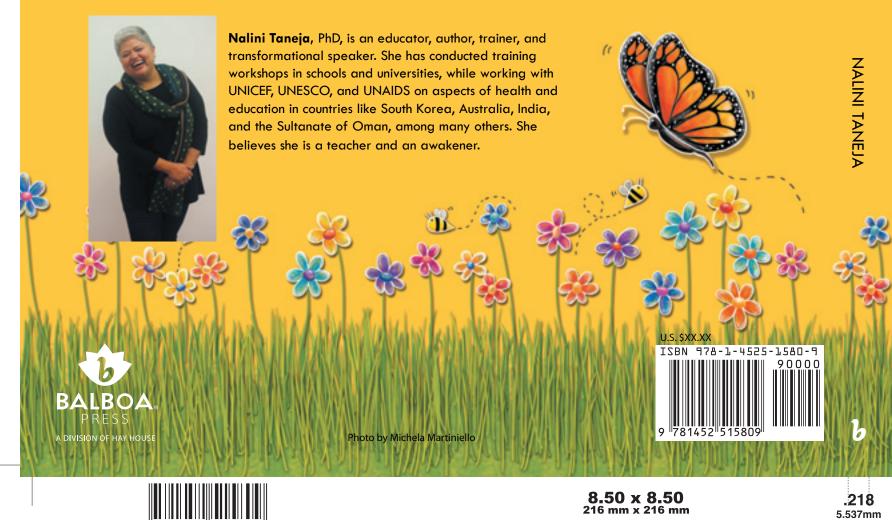
I Am Enough is a practical guide towards awakening your inner magnificence. Filled with real-life stories of students and young adults who have overcome personal obstacles because of the strength of their mind and self-esteem, this book seeks to inspire an individual's journey to delve deeper into discovering 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.



The state of the s

I AM ENOUGH

8.50 x 8.50 216 mm x 216 mm

Content Type: Premium Color Paper Type: White Page Count: 84 File Type: InDesign Request ID: CSS1190512

Perfect Bound Cover Template

Document Size: 21" x 12" 305 x 533mr