



# Me, my selves and I

*Karin Brugman*

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## **Me, my selves and I** Karin Brugman

In *Me, My Selves and I*, the authors invite you to look at yourself in a different light and to consider yourself as a person composed of not one, but of an entire collection of selves. You have different sides, parts or subpersonalities which all see the world with different sets of eyes. They each have their own habits, feelings and thoughts. This is a fun and enlightening way of looking at yourself and it offers a number of advantages. It will provide you with an understanding of how your behavior works and why it is sometimes ineffective. You will also learn how you can turn your behavior around. It will also become clear to you why some people immediately attract you and others do not. This book was written for anyone who wants to know themselves better and for professionals who want to become acquainted with Voice Dialogue.

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