



21st CENTURY WOMEN'S ENTREPRENEURSHIP, LEADERSHIP, POSITIVE PSYCHOLOGY & MENTAL HEALTH SUMMIT (EDITION 7)

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The idea of overcoming pre-set identities to acquire authentic self-awareness is pursued in this paper. The self-perception of ourselves is shaped by social conditioning from early ages through family, education, and media, hence we may experience an identity crisis in case we do not distinguish between our desires and the ones imposed on us. The process of self-discovery entails meditative self-reflection, Journalling, questioning societal norms, and exploring personal passions through new experiences ways to do this can be even enhanced by surrounding oneself with supportive individuals and seeking guidance from mentors or professionals. Albert Einstein is such a good example. Even though he had to overcome discouragement at first, it was through his persistent pursuit of knowledge in physics and mathematics that he came up with ideas never heard before in science. In conclusion, the significance of being oneself in opposition to socially accepted roles. We could live more satisfyingly by following personal interests in doing so our abilities are developed to the maximum possible and we become able to avoid these pitfalls that hinder our progress.

Biography

AI West is a critically acclaimed and internationally published author who specializes in self-help literature. The recipient of the PeerCite award, his expertise lies in guiding individuals to embark on an introspective journey of identifying their true identity. His writings are a reflection of his own life experiences and the diverse interactions that he has had the opportunity to have.

Underscoring the often neglected everyday struggles of individuals, which inadvertently affect their psychological, emotional and physical well-being, his books have been reviewed by critics as a gentle yet enduring source of healing for people. Notably, his publications "A Mouthful of Masterpieces" and "Mind: Poetic Power Principles" exemplify his distinctive poetic writing style, reflecting his well-thought-out choice of vocabulary and phraseology aimed at encouraging individuals to challenge preconceived identities and defy the status quo within their minds and bodies. He follows the motto of manifesting the best possible outcome and living a life indifferent to the judgments of others.

On a personal front, Mr. West has also found success

OVERCOMING PRE-SET IDENTITIES FOR AUTHENTIC SELF AWARENESS

AI West

Peercite Awarded International Published Author,
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as an entrepreneur. He firmly believes in prioritizing people in business and is dedicated to changing the prevailing focus on profits in entrepreneurship. His progressive thinking and eagerness for new, innovative ideas enable him to connect with the younger generation effortlessly. He enjoys spending his leisure time in nature, appreciating the simple things in life and considering that embracing optimism is essential for personal and professional growth. He is open to collaborating with like-minded individuals. For more information, visit his website: <https://amouthfulofmasterpieces.com/>.