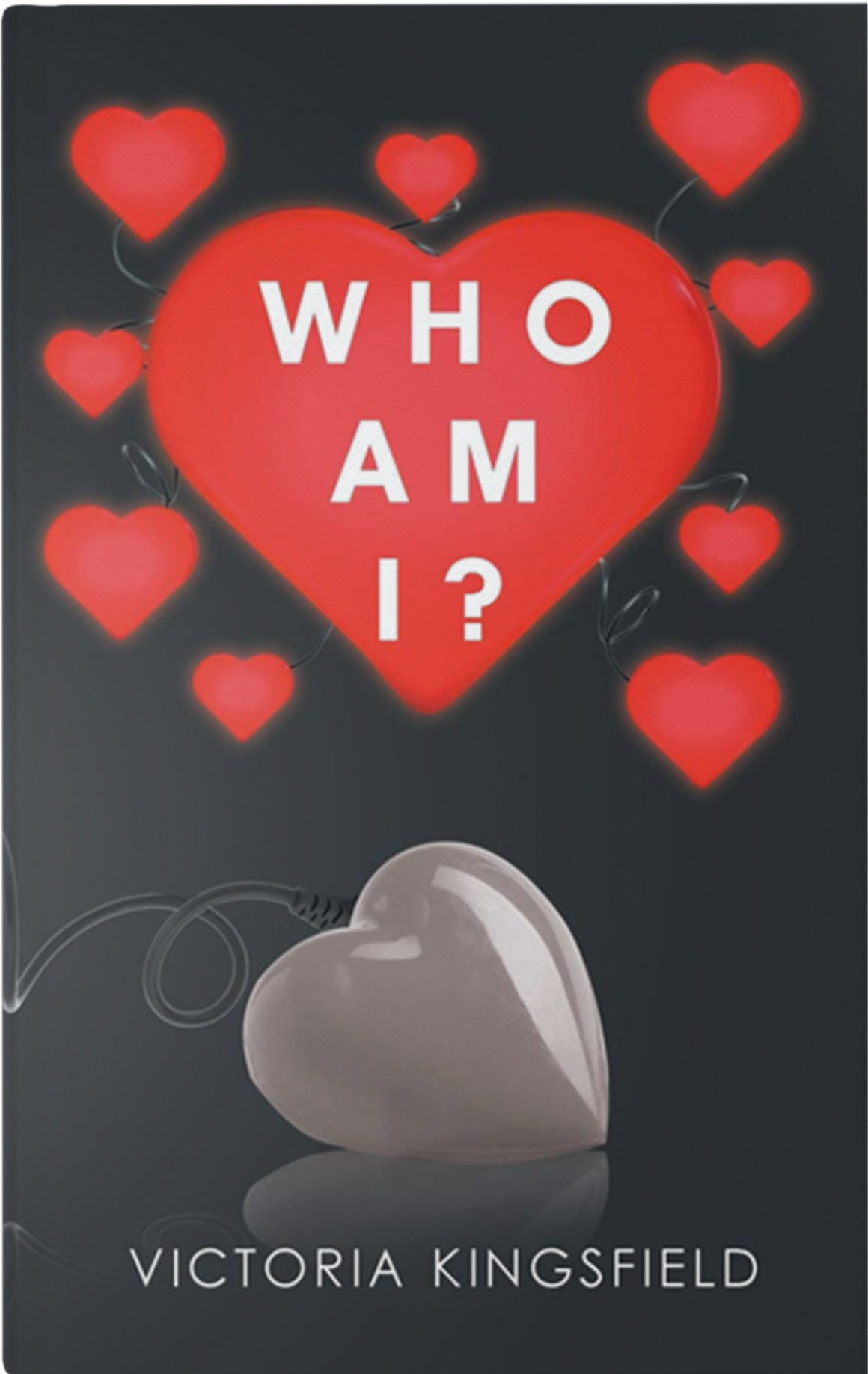


Do We Know Who We Really Are? Discover the Answer in this Self-Guide Book Like No Other

Author shares parcels of herself, which evoke from readers a sense of responsibility to discover—and fulfill—their purpose.



VICTORIA KINGSFIELD

Pittsburg, Mar 24, 2020 (IssueWire.com) - CA. — Victoria Kingsfield releases [Who Am I?](#), a contemplative guide to discovering our identity. It has a different and fresh attack compared to the array of self-help books that seemingly dictates readers what to do based on their subjective views. Instead, Victoria encourages—and reminds them every page of the book— to come up with their own conclusions on how to grasp their individuality.

To leave a path for her readers to tread towards self-discovery, Victoria focuses on these seven focal points—energy, connecting, meditations, relationships, healthy diet, security, and purpose—and then leaves a blank page every end of a chapter for readers to scribble down their thoughts and feelings evoked from each segment.

“Kingsfield is modest regarding her accomplishments, but it is noteworthy that she has been practicing meditation for fifteen years. Her working as a volunteer for eleven of those years seems to indicate a correlation between her inner reception and outer giving. She has deftly prepared this short collection of ideas and ideals as a further means of sharing, keeping to her promise not to give advice but simply to point the way for others by showing the path she has chosen and the happiness it has given her. In her introduction, she is careful to invite readers to decide for themselves how to use her writings,” says Barbara Bamberger Scott of The US Review of Books.

Read the full review through this [link](#). To get the latest update on authors, like and follow Authors Press on Facebook, Instagram, and Twitter.

[Who Am I?](#)

Written by Victoria Kingsfield

E-book | \$9.99

Paperback | \$11.95

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Authors Press is an online publishing company and book reseller catering to the needs of both experienced and aspiring authors as well as readers. They offer the best publishing solutions for full-time and independent authors. The company’s team of proofreaders, editors, designers, and publishing professionals are committed to achieve industry standards for their client’s work to be published, marketed, and sold.

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Who Am I? conveys that the human being is made of divine energy. It suggests how to multiply the divine energy and cautions how to prevent diminishing it. It shows that the person is in charge of their own being. The person is in control of who they are and who they want to be by the choices they make. Who or what the person chooses to connect to throughout their day influences the quality of their thoughts and the quality of their life.

Thoughts are very powerful and influence a person's action. Actions create the moment-to-moment and day-to-day life. It highlights how crucial it is for the person to be aware of and pay attention to who and what they connect with and how it forms their actions and their life. Everyone is responsible for their own thoughts and actions. Everyone is responsible for who and what they choose to connect with on a moment-to-moment basis. It's a person's choice that is available to them every second of every day.



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Source : Authors Press

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