



## The Mirror Told Me: When Insecurities Speak

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By Chakita Hargrove

Heart.Ink Press, United States, 2011. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.When insecurities are not dealt with, they can stifle personal development and any healthy start or progression of a positive self-perception. Within The Mirror Told Me you will find various questions that will assist you in seeing an awesome reflection in the mirror. A person's self-perception involves more than a body image; a person's self-perception involves the person's identity. A person's identity is like a portrait: a piece can be relationship status, another piece can be level of success, and another piece can be religious belief. In The Mirror Told Me you will deal with your whole person, your identity and body image. It is very important for you, or any person, to know who she or he is. When a person has no grip on her--or his-- identity, she will allow any and all people to define who she is, and this is one way insecurities are developed. People, women and men, begin to believe that they won't amount to anything, that their complexion is too dark, and so on. It...



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