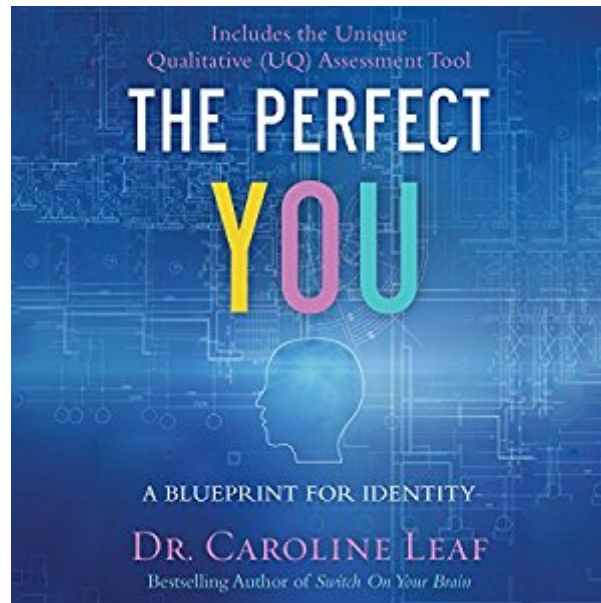




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# The Perfect You: A Blueprint For Identity



## Synopsis

There are a lot of personality tests out there designed to label you and put you in a particular box. But Dr. Caroline Leaf says there's much more to you than a personality profile can capture. In fact, you cannot be categorized! In this fascinating book, she takes listeners through seven steps to rediscover and unlock their unique "you quotient" - the brilliantly original way each person thinks, feels, relates, and makes choices - freeing them from comparison, envy, and jealousy, which destroy brain tissue. Listeners learn to be aware of what's going on in their own minds and bodies, to lean in to their own experience rather than trying to forcefully change it, and to redefine what success means to them. Released from the suffocating box of expectations, they'll embrace their true identity and develop a clear sense of divine purpose in their lives. Knowing and understanding our identity empowers our choices. Unlocking one's you quotient is not optional - it is essential.

## Book Information

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## Customer Reviews

This is a wonderful and interesting book which brings together the plan that God has for you and the workings of both your mind and your brain. The concept that we are unique and special to God is something I have learned as a Christian; however, seeing science catch up to the Word of God and prove it, was new to me. This is not an easy or casual read. While Dr. Leaf makes the information readable for those who did not major in the Sciences, it still has advanced concepts that take time to read and to digest. A considerable amount of the book is filled with questions and exercises. Because of this, I recommend the hard copy of the book rather than the Kindle version I initially

purchased. I am purchasing a second paper copy so that I can use the module questionnaires to the full extent. I had not read any of Dr. Leaf's prior books but will be looking for those in the future. I'm not sure if this book builds on those or if it is a revised and updated book based on the same concepts. As a person who loves to read and to learn, I am happy to see the exercises that are included which are designed to facilitate learning and brain development. I also deeply appreciate that Dr. Leaf talks about the individuals she has worked with who overcame serious injuries and other detriments to become more than what science would have predicted for them. It is very inspiring to know that there are people, such as Dr. Leaf, who won't give up and will continue to work with those who science gives up on. While I don't suffer from such issues, as I read through the book, the truth it uncovers was evident in how I responded. Many nonconscious memories came to mind throughout my reading. As Dr. Leaf would discuss how something in the past continues to have an effect on an individual, past experiences would come to my mind and I would see the event combined with the new information from the book. It happened over and over again and was exactly as Dr. Leaf predicted. As a Christian, the book spoke to my spirit as well. I understand that we are made in the image of God; however, I had never thought that would also mean our minds were in the image of God. The book also stresses that we are all unique and that we each have our place in God's plan. We each have a special reason for our existence. We each are made for love and that true love is from and for God. Finding this special place, my own Perfect You (the place where we are in harmony with our inner self and God), will be a life long study. I am thankful that Dr. Leaf has written this book and am blessed that God led me to it.

I have read a number of Dr. Leaf's earlier books. While sometimes a bit technical and scientific, I have greatly benefited from each one. I believe this is her best work yet. It includes a lengthy assessment tool to help you understand how you uniquely process information and experiences as you move the step by step towards becoming all that God means you to be.

Dr Leaf approaches a deep topic and makes it very accessible for people that aren't academic or professional researchers. I have not seen many Christians, or neuroscientists discussing the impact of quantum mechanics on our thoughts, emotions, and faith. This book was a breath of fresh air and helped me answer some of the questions I've tried to reconcile between recent discoveries in science with how to live and think about my faith. If you aren't familiar with quantum mechanics it wouldn't hurt to get a brief overview before diving into The Perfect You, but it's not crucial. I was amazed how approachable Dr. Leaf made this subject and gave practical action steps to take with

the information you learn about yourself. This is one of the best works on self discovery I've read to date.

Dr. Caroline Leaf has done it again!! Another book that takes the deep and intricate puzzle of our minds, wills and emotions, and bring out the beauty of THE PERFECT YOU!! I just love how she makes it easy to understand how much God loves us, and how He has wired us for love and wants each of us to shine in our own unique ways! She so amazingly brings in the Scriptures to support what science is just now beginning to understand. It all begins in our minds, and not our brains. Dr. Leaf clearly shows the reader how they truly become what they think. A must read for anyone who want to truly live in freedom to be the special and one-of-a-kind individual the Creator made them to be.

Monday, July 17, 2017The Perfect You"The Perfect You," the latest book from Dr. Caroline Leaf, is not an easy or quick read. It's not a book that you'll leisurely read while relaxing on the beach. It's not something that you can plow your way through while the kids are creating chaos in the house. For example, Dr. Robert Turner, the author of the Forward to the book wrote: "As a neuroscientist, I love chapter 5...Dr. Leaf helps us understand the anatomical and physiological underpinnings of our particular ways of thinking, feeling and choosing. I appreciate how she weaves together three interrelated disciplines: neurospirituality, neuropsychology and neurophysiology." Whaaaaaat?! I found it a great challenge to read chapter 5 and all the material before it. The technical and scientific jargon was difficult for me to understand. More interesting and helpful was the Unique Qualitative (UQ) Assessment tool in chapter six. There are about 100 questions that are designed to help the reader gain an understanding of who they are and how and why they react to things as they do. Again, this section will not be completed in 15 minutes. I also struggle with the title of the book. There is no perfect "you." That perfection was lost in the fall of the garden. Because of our sinful human nature there will never be a time in life when the perfect feeling and thinking "you" will show up. However, for the person who struggles in living life day by day, "The Perfect You" could be helpful for understanding one's self and learning how to overcome those moods, feelings and circumstances that make one feel less than perfect.

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