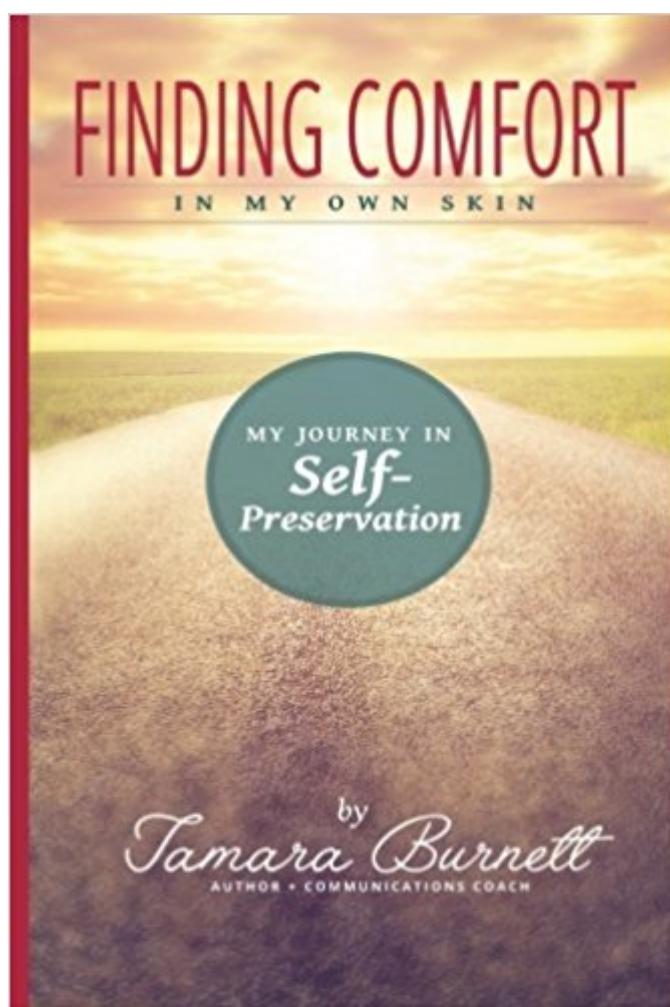


The book was found

Finding Comfort In My Own Skin: My Journey In Self-Preservation



Synopsis

A coming of age memoir about a teenaged girl navigating her way through life's circumstances while fighting not to allow peer pressure to deter her from loving herself and ultimately finding her purpose. Growing up in a single-parent home in Oakland, California, prepared Tamara for an uncertain future, and although she was uncertain, she knew her present and future did not include people who mistreated and disrespected her or even failed to see her worth. To preserve her heart, mind, body, and soul, she built a wall of protection that ultimately shielded her from people without good intentions and removed all traces of self-doubt. *Finding Comfort In My Own Skin* highlights the power of purpose and provides an escape for teenagers and adults who find themselves bound by life's circumstances and the actions of others.

Book Information

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Best Sellers Rank: #323,081 in Books (See Top 100 in Books) #48 in Books > Teens > Social Issues > Being a Teen #1492 in Books > Self-Help > Self-Esteem #2379 in Books > Health, Fitness & Dieting > Mental Health > Happiness

Customer Reviews

Tamara Burnett is an Author/Coach/Entrepreneur who believes in the power of loving yourself. She has spent the majority of her life as a proponent of taking personal responsibility for your happiness and not attaching levels of happiness to people and things. Although she was raised in a single-parent home, she did not allow this circumstance to dictate her value or create limitations set by others. Tamara understands that life is ultimately what you make it and therefore made every effort to carve her own path to success. After completing her degree in Communications, she grew more empowered to use her gifts to touch individuals in the world who struggle with feelings of inadequacy, and those who lack direction and purpose. Her journey began in Oakland, California and continues today in Sacramento, California where she is married with two children and intends to

make an impact on society from her corner of the world.

Wow! What a book! This book certainly hit home for me. A lot these same struggles I had trying to find myself. I've learned from this book to value who I am as a person. It gave me a better view on relationships and how to prepare myself for it. I love this writer! This book is definitely a must read!

This book is inspiring, I read it twice with sticky notes and highlight throughout the book. So many points hit home on many different levels.

Excellent book...made me look at my life and I'm on a journey to loving and adoring myself

I highly recommend this book. The examples used take readers on an introspective journey toward being a better version of oneself. Tamara offers a relatable, and simple to implement method of defining yourself and setting an unwavering standard of excellence for life in all areas. I have closed this book feeling both empowered and encouraged to evaluate the relationships I have, and my own personal expression of thoughts/feelings/desire in life in general.

When I received this book I began to read it and could not put it down. Anyone who has low self esteem and self inflicted doubts about themselves should read this book!! A person should love themselves just as much as you think you love someone else. This book will help you realize that.

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