



I Don't Want To Be Anybody But Me: The Stories of Women Who Experienced a Dramatic Shift from A Negative to Positive Self-Image: Workbook Included

Micki Berg PhD

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Dr. Micki Berg's philosophy is that you can let life happen, or you can make it happen. "I Don't Want To Be Anybody But Me" tells the stories of 13 women who experienced a dramatic shift from a negative to positive self-image in the face of adversity. Their stories are heart-warming, provocative, and eye opening. "I Don't Want To Be Anybody But Me" includes a workbook which provides exercises and tools to help you make positive life changes. The book is recommended for people who feel "stuck" in their present situation, and desire a happier and more productive life. Dr. Micki's research led her to the belief that anyone, at any age, can reinvent themselves. In her Life Coaching Practice, Dr. Micki helps people recreate themselves by tapping into their unused potential and build on the skills, knowledge, and talents of all their life experiences. Her clients often discover their true passion, which many of them have compartmentalized for decades. The book is grounded in Dr. Micki's own life story. As a motivational speaker, she opens her presentations by confessing, "Until the age of 50, I wanted to be anybody but me." Her personal transformation began when she went to graduate school at age 50 after raising 6 children, and continued until she received her PhD. Through a great deal of self-awareness and a strong desire for peace and happiness, Dr. Micki moved out of her comfort zone and eventually became the confident and accomplished woman she is today. She wrote "I Don't Want To Be Anybody But Me" with the hope of inspiring others to learn how to release their untapped potential, discover their true passion, and fall in love with themselves. The stories in this book will make you laugh and cry. The message of this book was designed to motivate readers to take the necessary steps to become all that they can be.

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