

New self-help journal puts buyer in the therapist's chair

Sharon Suniga's recently released "Me, Myself: A Personal Exploration Journal" applies different twist to journaling

SEATTLE, USA, July 1, 2016 /EINPresswire.com/ -- Journaling has existed forever, but in recent years it has grown in popularity as more and more people actually journal and realize personal benefits from the practice. Author and life coach Sharon Suniga has designed "[Me, Myself: A Personal Exploration Journal](#)", available on Amazon, to help readers understand who they are and what motivates them. She said, "A lot of times we think we know how we would behave or think about a situation only to find out, when it comes down to it, that there are competing thoughts in our heads at all times. I mean, which idea wins? Which idea do you really believe in your core?"

The advice "know thyself" goes back to the beginnings of recorded history. It has been used in conjunction with many philosophical systems with the generally understood meaning of the phrase relating to self-knowledge. From a philosophical point of view, "self-knowledge" refers to understanding one's own sensations, thought, beliefs and other mental states. "[Me, Myself: A Personal Exploration](#)

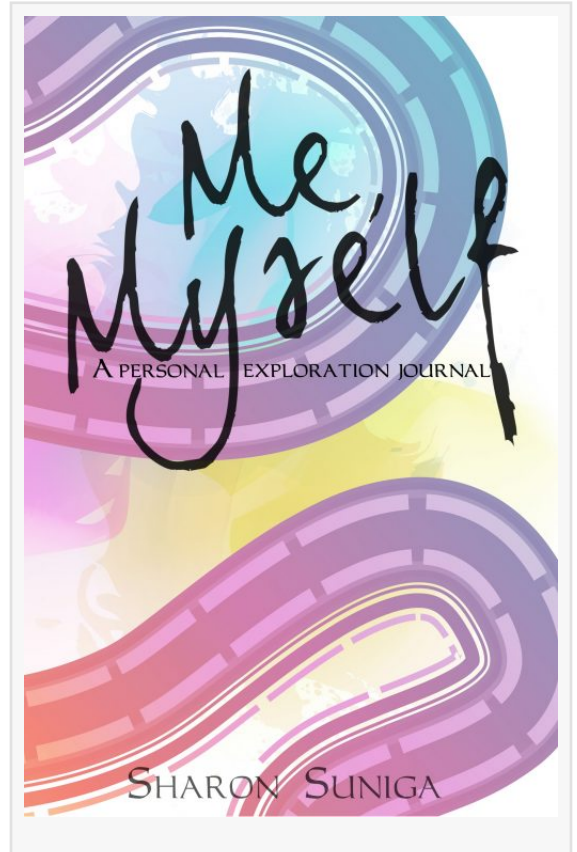
Journal" attempts to lead the reader on a journey to uncover that important knowledge of self. The book asks a series of questions designed to challenge and stimulate thought. Some of the questions seem rather silly. Others are very serious.

Each part of the journey on which "Me, Myself" guides the reader starts with a writing prompt. The reader follows the prompt and answers the question. In order to get the most out of the book, one or two-word answers should be avoided. Each reader should give real thought to each question and answer it as completely and truthfully as possible. This will help maintain focus and make the effort to "know thyself" more successful.

Life Coach Sharon Suniga lives in Texas where she is working on her next books. One is an overview of life coaching for those who want to get into that profession. She is also developing two books to help people understand how to live their best lives now.

For information on "Me, Myself: A Personal Exploration Journal", go to <http://coapublishing.com/book/me-myself-a-personal-exploration-journal/>.

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