



# You Are Enough: Always Have Been... Always Will Be

*David Walker*

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## **You Are Enough: Always Have Been... Always Will Be** David Walker

Most people develop their sense of self-worth from what they accomplish in life. As time goes by though, the confident and blissful feeling eventually weakens and fades. For the self-worth that sustains the ever-changing ebb and flow of life it must be based on the sacredness that is found at the core of every soul - within the miracle of life itself. As David Walker writes, "If we don't accept the fact that what we ARE is more important than what we DO, we will live a lifetime with the self-inflicted pressure to preform."

Get ready to read some down-to-earth straight talk written by a man who has been teaching this life-changing philosophy for over 30 years and helping people to break out of the self-restricting thought patterns that hold them back. With this book you'll find that the foundation for a strong and long-lasting self-worth is already set in place, prepared and waiting to carry you through any challenge simply by becoming aware that "you are enough" . . . always have been, always will be.

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