

## Insight The Power Of Self Awareness In A Self Deluded World

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Self-awareness is the ability to understand who we are and what others think of us, and it consists of seven insights. Internal self-awareness is about knowing ourselves; being conscious of our likes and dislikes, our ambitions, our place in the environment and our impact on other people.

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Fortunately, reveals organizational psychologist and New York Times bestselling author Tasha Eurich, self-awareness is a surprisingly learnable skill. Insight integrates hundreds of studies with Eurich ' s own research and work in the Fortune 500 world, revealing the surprising myths, unseen roadblocks, and the scientifically-supported path to self-awareness.

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