

Want Authenticity? Be Authentic

In this crazy rat race we live in it can all too often feel superficial and divorced from reality. You might find yourself alone and adrift when surrounded by many people clamouring to 'connect' with you. Where is the real connection? Where is authenticity? What and who can you trust? Start with yourself. Forget your personality and all the learned baggage and protection you have developed over your lifetime. Build and strengthen the relationship you have with yourself, and allow others to see and experience the real you. That can be a scary and highly rewarding journey. Once initiated life and expansion becomes increasingly available, rather than contraction and effort of maintaining a façade. As you become more willing and able to present yourself authentically then you'll find you draw into your life more people who are authentic with you.

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Abstract

Being authentic/real can be scary, but is also very rewarding.

Keywords

Authenticate, authenticity, personal growth, relationship

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There is nothing like the authenticity of children and babies

For more information related to themes in this article, refer to chapter 9 (Developing Personal Power) of: Harrison, S. G. (2012). [Appreciate the Fog: Embrace Change with Power and Purpose](#). Auckland, New Zealand: Xlibris Corporation.

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