



# Your Authentic Self: Be Yourself At Work

*Ric Giardina*

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# Your Authentic Self: Be Yourself At Work

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## **Your Authentic Self: Be Yourself At Work** Ric Giardina

Can we ever learn to just be *ourselves at work*?

In *Your Authentic Self*, Ric Giardina says we can. He tells how, by honoring our authentic self at work, we open the doors to hidden gifts, including creativity, intuition, and innovation. The end result is greater clarity of insight and better on-the-job performance, expanding our opportunities for advancement even as we enjoy more fulfilling work relationships.

Through the practical, easy-to-follow techniques and exercises in this book, you will discover ways to get the most out of your work life and begin recognizing it as an integral part of your personal and spiritual journey

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