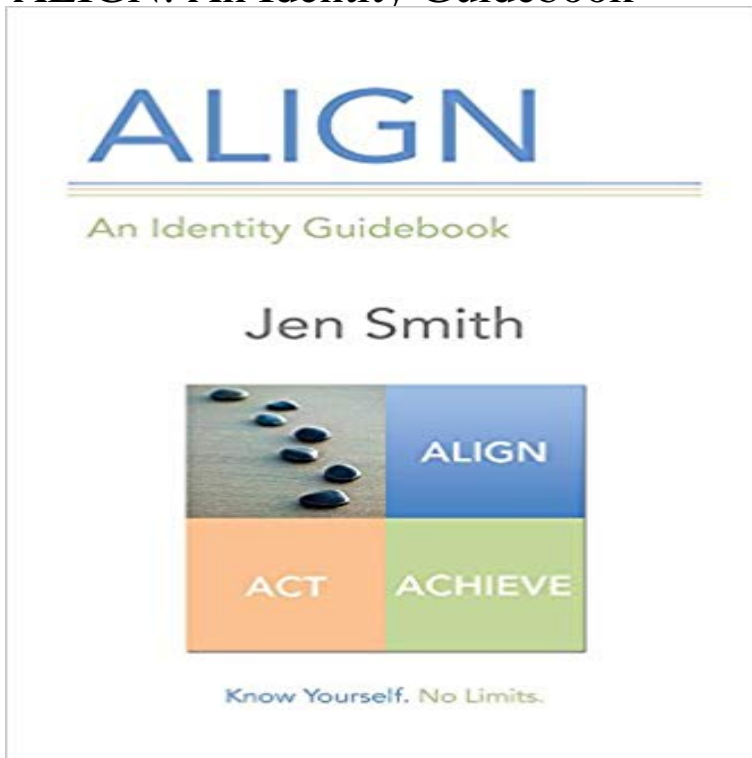


ALIGN: An Identity Guidebook



In the complexity and speed of modern life, taking time to nurture oneself is often sacrificed to more immediate demands. We struggle to understand our purpose and how we show up in the world. We wonder what our lives are about and if we are making a difference. These are big questions with no easy answers, yet questions worth exploring. In *ALIGN*, author Jen Smith shows that the first step to creating a better life begins with understanding identity. In this first book of the *ALIGN-ACT-ACHIEVE* series, Smith explores the process of aligning which includes examining your values, beliefs, skills, and talents those things that make your spirit soar and your energy surge. Traveling inward, *ALIGN* guides you through a series of stories, questions, insights, and exercises to help you find your own answers to life's most important, yet often ignored, questions. It marks the beginning of a journey of a lifetime.

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