



Why Am I Afraid to Tell You Who I Am?

John Powell

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This book by the author of *Why Am I Afraid to Love?* contains insights on self-awareness, personal growth and communication with others. Why do people continually hide their real selves from the people around them? Why are so many so insecure and afraid to open up? The answer, explains John Powell, is that maturity is reached by communicating and interacting with others. This book considers the consequences our real self faces if no one else ever finds out what we are like. In this enduring classic, the companion to *Why Am I Afraid to Love?*, John Powell explains how to be more emotionally open, and shows how people adopt roles and play psychological games to protect their inner selves. The courage to be our real selves can be developed, and then we can begin to grow. Now newly designed for a fresh audience, *Why Am I Afraid to Tell You Who I Am?* is as relevant as it has been for twenty years. With a proven track record, it continues to speak to the needs and aspirations of people today. It is best included in self help sections of general bookshops, but also has a religious appeal.

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