



Know Yourself... To Grow Yourself

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₹599 ISBN: 9788198868961

Know Yourself... To Grow Yourself is a detailed guide and journey escort specifically crafted to enable individuals to undertake a journey of transformation and conscious development. Based on the author's many years of experience as a professional counsellor and employability trainer, this book provides sensible advice and practical methods for developing genuine learning and personal development.

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About the Author

Maneesh Diwakaran Nair is an experienced professional Career Counsellor, Positive Parenting Coach, Overseas Education Consultant, Mental Wellbeing Guide and Employability Trainer who is devoted to empowering people to uncover their genuine potential. As a practitioner with years of experience in the profession, Maneesh has accumulated a wealth of knowledge and practical insights and brings these to bear in this book .

