



Choose Your Purpose, Love Your Life: Become the person you want to be

Sheila L. Gibson

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Author Sheila Gibson lived many years without having a clear sense of purpose. Her life was filled with important, challenging tasks as she took on one role after another. Student, mother, writer: the list went on. But through it all, she felt her life lacked an overall sense of purpose, and she began the work of discovering her own motivation.

Choose Your Purpose, Love Your Life is the product of that search, filled with insights and tools that Gibson developed in her journey.

Gibson begins by examining the myths that abound in contemporary Western culture regarding purpose itself. For example, “purpose” is commonly equated with “career.” That perspective confuses the issue for many, who may wander from job to job, struggling to discover what they want to be.

But many aspects of life can impart a sense of purpose. Gibson guides you through the process of identifying the components that can give your life shape and direction. From these components, you will create your own statement of purpose and adjust your self-definition as your life circumstances change.

This life-changing book has the potential to help every individual discover the strength and sense of self that already lies within.



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