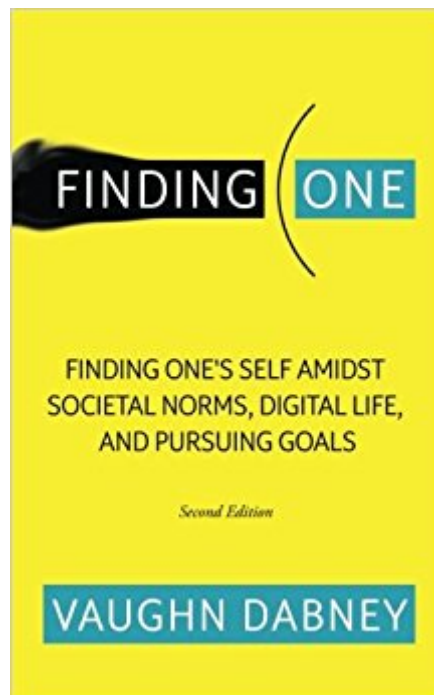




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Finding One: Finding One's Self Amidst Societal Norms, Digital Life, And Pursuing Goals



Synopsis

"Finding One" is a book about the discovery of one's self while navigating the challenges of societal norms, digital life, and pursuing goals. Vaughn Dabney challenges the norm and forces readers to question everything, acknowledge fears, and find truth. In this second edition, the reader is given writing space at the end of each chapter to take notes and reflect. In this book you will find mantras, philosophies, and ways of thinking that deal with: Ego & Self Goals & Achievement Relationships Communication Energy Dealing with Societal Norms The Happiness Factor There are "Actions & Reflections" sections in some of the chapters to allow for critical thinking and actionable items.

Book Information

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Customer Reviews

Vaughn Dabney was born in Westminster, CA in 1984 then moved to (and ultimately grew up in) Silver Spring, MD when he was 11 years old. He attended college at DeVry University earning a Bachelor's in Electronics Engineering Technology summa cum laude. In his last year of college, he taught himself how to code moving from web to mobile over the course of 10 years ultimately creating his current company, Empty Box Media, in 2009. To-date, Vaughn has personally developed over 30 mobile apps for clients as well as personal apps for both iOS and Android platforms. He is a self-proclaimed renaissance man, delving into: photography, film, art, and music.

This is part one, of a two-part review. I didn't want to wait to read it with my book club, so I read it on my own first, and will read it again with them, which will be followed by an even more in-depth

review. That said, I'd like to start by saying this book was a VERY easy read!!! I consider myself to be a very slow reader, and I was done in no time...yet, I still find it useful enough to read a second time without feeling a sense of redundancy. I will say that if you're a person who already takes interest in personal growth and development, much of the information may not be entirely new, but very to the point, which for some of us, is how we learn anyway. For me (and hopefully for you too) there will be a few things that call to your attention, and will challenge you to think more deeply and really decide if your current stance is REALLY how you feel or just a "brule" (bs rule that you've just accepted without any type of assessment). Did I agree with absolutely everything? Nope! But I think that may be the point. He's not telling you "agree with everything I say," he's just telling you that you don't have to agree with everything that ANYONE (or society) says if it doesn't really resonate with you. I don't need a book, or some author to talk down to me, I've had enough of that to last two lifetimes. But Dabney's tone seems to be intended to challenge you, while still respecting that you may walk away with a different point of view. Bottom line, the content makes sense, it's super easy to read, and I could only imagine that doing so would be far more helpful than harmful. I'll be taking this into my book club with confidence that the experience will be a rewarding one.

As soon as I started I couldn't put it down. It's one of those quick reads that has many gems that challenge and empowers a fresh perspective. You know the feeling when eating an amazing meal and you're totally satisfied but want a little more. I'm sure to revisit in the near future. Thank you Vaughn, continue to inspire brotha.

Great book. Purchased one for hubby & myself. Simple life tips that will empower you and shift our mindset.

This book is like a quick and easy jump start to finding yourself. I would say read it more than once just to check yourself. Once I picked up the book I couldn't stop reading! I've already shared it with my mom and plan on sharing it with all of my friends and family.

To the point, simple read. This is the kind of book I'll read more than a few times!

"Finding One" took me on a journey of self reflection. Many "golden nuggets" to learn from and apply to my daily life. Particularly loved how the books dares you to go out and apply some of the principles talked about. Great read.

I have no doubt that Vaughn Dabney had great intentions with this book, but it read like a college term paper, glaring grammatical errors and all. I was really disappointed.

Such a great read! Read in a day! Couldn't put it down. Looking forward to sharing with others.

Goes over the simplest yet deepest aspects of our daily lives

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