

# BOOKS WORTH READING

## To Thine Own Self Be True

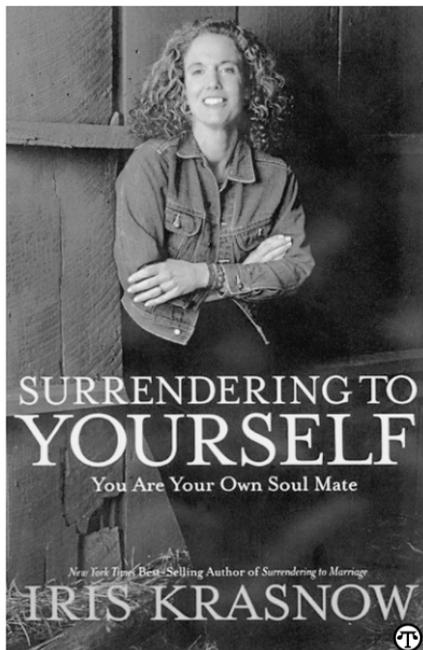
(NAPSA)—Family is important, says best-selling author Iris Krasnow, but so is oneself. With her children past “the clingy, love-Mommy phase,” Krasnow rediscovered herself in middle age. She shares her journey in her latest book.

“Too often we look for happiness and definition in our jobs or marriages or relationships,” writes Krasnow in *Surrendering to Yourself: You Are Your Own Soul Mate* (Miramax Books, \$24.95). “But jobs change. Loved ones leave, or die. Friends come and go. The only person who will never leave you, who you can totally trust, who will never let you down, is you. So you better know that person well, and love that person fully. Selves that are true are spiritually indestructible.”

Krasnow says surrendering to yourself means living your truth, sifting through layers of false selves like an archeologist on a dig to get to your essence. It means probing for honest answers to questions such as “who am I?” and “who do I want to be?” and then confronting yourself head on, with all your fears and imperfections.

Through introducing us to people who have survived such life events as grave illnesses, the sudden deaths of loved ones and betrayal in relationships, Krasnow teaches us all a difficult lesson: develop unshakable soul power now, while you’re strong, so that when your world unravels your self won’t.

The writer feels that many peo-



**The most important person in your life is yourself.**

ple do not discover who they really are until after a tragedy has occurred. The death of a parent, the loss of a longstanding job, a terminal illness, a sudden end to a longtime relationship, all of these things can force you to confront yourself. *Surrendering to Yourself* shows you how and why to start this process from a position of strength, before life deals one of its inevitable blows.

Krasnow says surrendering to yourself is not a luxury but a necessity, an emotional and spiritual shift available to rich and poor alike.

*Surrendering to Yourself* is available wherever books are sold.