



KNOW YOURSELF PROMPT CARDS

£12.95

Description

60 prompt cards designed to help lead you through the important task of knowing yourself a little better in life.

It's hard to understand who we really are: what we want, how we feel and why we react as we do. This lack of self-knowledge can be trouble, for it makes us get into the wrong relationships, pick unsatisfactory jobs or spend money unwisely. No wonder Socrates summed up all the counsel of philosophy in just two words: 'Know Yourself'.

These cards are designed to assist us in a journey of self-knowledge; they present us with a range of ideas and questions that can help us to understand ourselves better. Each card carries an exercise on one side and a piece of analysis on the reverse to help you gain insight and clarity on that ever elusive subject: yourself.

60 cards in box.

Additional Information

Depth	3.6cm
Height	10.4cm
Width	7.3cm



