



The User's Guide to Being Human: The Art and Science of Self

Scott Edmund Miller

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Every human being is born with an extraordinary set of inner resources, including intelligence, attention, mind, imagination, consciousness, willpower, love, and emotion. Strangely, most people pass through young-adulthood and 13+ years of schooling without ever formally learning about any one of these innate capacities. As a result, a vast majority of folks spend their days harnessing only a small fraction of the great potential that is freely available within them. The User's Guide to Being Human is the first owner's manual to comprehensively examine the inner tools with which people shape their lives. Merging art with science, this book illuminates 16 core capacities that enable people to bring out the best in themselves, their activities and relations. It offers step-by-step coaching for all who wish to master the ongoing art of personal development. A companion workbook provides additional support for the exercises and Personal Growth Project.

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