



KNOWING YOURSELF IS KNOWING OTHERS

An excerpt from the book MERIT, EXCELLENCE, INTELLIGENCE, offering Questions, Reflections, and Answers to assist readers in shifting their focus from Diversity, Equity, and Inclusion (DEI) to an emphasis on Merit, Excellence, and Intelligence (MEI).

To thrive in the realm of (MEI), it's crucial to expand your understanding by first focusing inward. Self-awareness is the foundation for effectively perceiving and understanding others. By exploring your traits, values, interests, beliefs, behaviors, relationships, and accomplishments, you gain a clearer sense of who you are and how you're perceived by others. These elements not only shape your self-image but also serve as essential tools in interpreting and defining those around you.

No matter the age or stage of life, the journey towards self-discovery is a never-ending one. It may take years, even decades, to develop a deep understanding of oneself.

Discovering one's true self allows for authentic living and improves self-understanding as well as understanding of others. However, the meaning of this concept is not always obvious.

Whatever your definition of your « true » self, connecting to the most authentic version of yourself can help you realize your full potential, appreciate your abilities, and establish more sincere connections with others.

This introspection could also reveal your vulnerability to deception and manipulation. Excessive gullibility can be exploited in various personal, social,

political, or economic contexts. It is therefore crucial to develop a critical mind and a certain skepticism to avoid these traps.

Finding one's « true » self allows you to cultivate critical thinking skills. This valuable process helps you analyze, evaluate and synthesize information thoughtfully.

Critical thinking is a skill that develops over time and with practice. Investing in its development is truly worth it, as it enhances not only problem-solving but also decision-making and overall understanding of the world.

Emotional management is also essential. It involves recognizing, understanding, and regulating our emotions in a healthy and productive manner. It hinges on five key elements: self-awareness, self-regulation, motivation, empathy, and social skills. Emotional management can significantly enrich the quality of life.

Another crucial aspect of self-discovery is the ability to distinguish good people from bad ones in our lives. Honest and transparent individuals express their feelings and intentions clearly.

Conversely, those with ill intentions will seek to control or influence your decisions for their own benefit. Thus, it is essential to trust your intuition and observe others' actions rather than solely relying on their words.

Finally, it is important to consider your perspective towards others to cultivate harmonious and enriching relationships. In your personal development journey, it is crucial to strive to understand others' emotions and motivations, accept viewpoints different from your own, listen attentively without interrupting, and ask open-ended questions to encourage dialogue and show your interest in their perspectives.

Acknowledge that everyone evolves at their own pace. Be patient and understanding, especially in the event of conflict or disagreement.

By integrating these approaches into your daily life, you can develop a more nuanced and compassionate outlook towards others.

This does not happen overnight, but over time, it can positively transform your relationships and view of the world.

In the KNOWING YOURSELF IS KNOWING OTHERS chapter, you will delve into the truths of one's authentic self:

- How to discover yourself?
- How we perceive ourselves

- Are we inclined to believe too easily?
- What are the differences between naive and useful idiot?
- How can a naive person like a useful idiot improve?
- Think for yourself or being told what to think
- How to develop your critical thinking?
- How to create your own thinking?
- Are there any benefits to practicing self-awareness?
- The emotions that surround you
- How to discern those who suffer from low emotional intelligence?
- Self-awareness
- Why is self-awareness important?
- What is self-awareness?
- Why is self-awareness important?
- How to improve self-awareness?
- How to spot bad and good people
- Managing the frustration of others
- How can they be so... stupid?
- How to adjust your perspective?
- Managing a difficult person
- How to deal with stubbornness?
- How to avoid disagreements?
- What do you think of the “busybody »?
- The intellectual level

No matter how you define your « true » self, embracing your most authentic self empowers you to recognize your full potential, value your unique strengths, forge deeper connections with others, and undoubtedly draw you closer to your (MEI) strategy.

To download this and previous articles, go to WebTech Publishing (www.webtechpublishing.com) and click on the green image (e-NewsLine).

To learn more about how to inspire success, visit WebTech Management and Publishing Incorporated (www.webtechmanagement.com) and click on the blue image (Wise whiZ) at the bottom right of the screen.

Available

This 350-page personal development book, published by WebTech Publishing, is available in bookstores and online at www.lulu.com . For further details, visit www.webtechpublishing.com.

About the Author

In addition to his work as an author, Germain Decelles serves as a Change Management Strategist. With over 40 years of business and consultancy experience, he has worked with both local and international markets in a wide range of sectors, including retail trade, distribution, information technology and communications, transportation, manufacturing, financial services, and government organizations.

Other publications by Germain Decelles include:

- ISO Pour Tous
- Le manuel d'information ISO
- Le guide de préparation ISO
- La gestion du changement en affaires
- La gestion de projet d'affaires
- Le changement POUR TOUS
- Change your future, now!
- My success is your success.
- Mon succès est votre succès.



Information

Printing and Distribution: <http://www.lulu.com>

Available to Librarians through the Ingram Content Group:
<https://www.ingramcontent.com>

- Paperback format: MERIT, EXCELLENCE, INTELLIGENCE – ISBN 978-1-7388000-8-7 (\$32.20 us - \$45.16 ca - 29.18 Euro)
- Format papier: MÉRITE, EXCELLENCE, INTELLIGENCE – ISBN 978-1-7388000-9-4



Press Contact

Germain Decelles

WebTech Management and Publishing Incorporated

17 Marien Avenue, Montréal, Canada

H1B4T8

514-575-3427

decelles@webtechpublishing.com

www.webtechpublishing.com