



# Know Yourself, Forget Yourself: Five Truths to Transform Your Work, Relationships, and Everyday Life

*Marc Lesser*

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## **Know Yourself, Forget Yourself: Five Truths to Transform Your Work, Relationships, and Everyday Life** Marc Lesser

We all yearn for clear-cut answers to life's problems, yet we rarely get them. Formulas fail and contradictions mount. In *Know Yourself, Forget Yourself*, executive coach and mindfulness teacher Marc Lesser shows that understanding and embracing the points where life feels most confusing, most contradictory can lead us to more satisfaction and joy.

Lesser provides clear guidance and simple practices for embracing five central paradoxes in life and navigating them to increase our effectiveness and happiness. Influenced by the revolutionary mindfulness and emotional intelligence trainings he helped develop at Google, *Know Yourself, Forget Yourself* is a profound book about cultivating the emotional skills to understand the right path through difficulties and challenges.

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