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Notes To Myself Hugh Prather

Notes To Myself, written by Hugh Prather, is a self-help book that explores the idea of human existence. It is written like Prather is writing notes to himself about the things happening in his life as well as his thought process around these things. The passages seem to happen soon after or during the events that they are describing.

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Notes to Myself: My Struggle to Become a Person by Hugh ...

Hugh Prather (1938-2010) was a lay minister and bestselling author. He is most famous for Notes to Myself: My Struggle to Become a Person, which began as a personal journal and has sold more than 5 million copies and has been translated into ten languages.

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Reading "Notes To Myself" is one of those rare experiences that comes only once in a great while. The editor who discovered the book said, "When I first read Prather's manuscript it was late at night and I was tired, but by the time I finished it, I felt rested and alive. Since then I've reread it many times and it says even more to me now.". The book serves as a beginning for the reader's exploration of his or her own life and as a treasury of thoughtful and insightful reminders.

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Anxiety is the recognition that I might not reach the rung on the opinion ladder I have just set for my self. I fear death most when I am about to exceed what I believe others think of me; then death threatens to cut me off from myself, because "myself" is not yet." — Hugh Prather, Notes to Myself: My Struggle to Become a Person

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Notes to Myself Quotes by Hugh Prather - Goodreads

Hugh Prather, Jr. was a writer, minister, and counselor, most famous for his first book, Notes to Myself. , which was first published in 1970 by Real People Press. It has sold over 5 million copies, and has been translated into ten languages.

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Hugh Prather (Author of Notes to Myself) - Goodreads

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Hugh Prather quotes Showing 1-30 of 50. "All my life, I have made it complicated, but it is so simple. I love when I love. And

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when I love, I am myself.". "I sometimes react to making a mistake as if I have betrayed myself.

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Hugh Prather Quotes (Author of Notes to Myself)

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