

## Praise for *Becoming a Better You*

"('So, much of who we are today is a conditioned, programmed 'i in search of an 'I.' - Peter Vajda, Ph.D. and Author.) If you are in search of the real You, then this is a must-read which will lead you to genuinely meaningful must-dos. Dr. Vajda combines professional experience, related learnings, and deep insights from those interactions in order to give readers what is finally a true self-help book. You will be shown how to apply your learnings in ways that will surface, and impact, the real You. This book is what you've been waiting for since you silently realized you've been treading water instead of swimming." Steve Roesler, President, Roesler Consulting Group, LLC, Medford, NJ, USA

"A must-read for everyone who wants to work on him- or herself and focus on a constant, conscious journey of self-development. Extremely insightful, useful and inspiring."  
Monika B. Paitl, CEO, communications9, PR executive, keynote-speaker, Bayerhamerstrasse 12b 5020 Salzburg, Austria

"*Becoming a Better You* is a unique and important contribution to the field of self-help and personal development. Peter Vajda has created a comprehensive program that can support those who are just beginning the process of personal awakening and development as well as seasoned and mature practitioners on the path to optimal self-realization. *Becoming a Better You* is loaded with practical and accessible tools, exercises and practices for uncovering and eliminating the blocks and barriers to living a full, rich and productive life. A must read!"  
Byron Metcalf, Ph.D., Transpersonal Psychologist, Director, HoloShamanic Strategies, LLC; creator of The Shaman's Heart – The Path of Authentic Power, Purpose & Presence, Prescott, AZ, USA

"Peter Vajda's new book '*Becoming a Better You – Who You Are vs. Who You Think You Are*' is sharing something with us that most people don't fully understand. How often do we look at the world around us and wish we could change it? Well, we might want to look in the mirror first because the truth is any change we may want to manifest starts with us. Sure, this is easy to say but much more complex to apply particularly in dealing with the many faces and facets of daily hardships. Let us take a moment to see how our lives can be impacted by this classic book which is more like a personal mentor guide destined to move us from who we think we are to who we really are in order for us to become who we truly want to be."  
Myrah K. Tshabalala, Quality Specialist: Office of Standards Compliance, National Department of Health, South Africa

"Peter Vajda starts off on his book, *Becoming a Better You*, in the best possible manner, allowing us an inside look into his own process of self-discovery and personal growth. This is how he facilitates us to bringing about change within ourselves with practical exercises based on a constant questioning, self-examination, perseverance, focus and a constant awareness of our thoughts, emotions, our body; including, our very own breathing. Contrary to what one might think, *Becoming a Better You* is not related to becoming one's self through harsh judgment; just the opposite, it helps us deal with our inner judge and critic."

"The only way to change your world is changing yourself. This can be achieved only through self-discovery and self-transformation, always guided by the '...idea that you can have pain, but you don't have to suffer'."

Verónica Gallego Mengod, Psychologist, Professor of Research Methodology, Language and Communication, Instituto Universitario de Tecnología Dr. Federico Rivero Palacio, Consultant for Skills Development and Personal and Professional Growth, Caracas, Venezuela

"We all aspire to being better. But what does that mean? What stops us? And how can we 'grow up'? Peter Vajda masterfully integrates much great thinking on these timeless questions. He answers all three questions simply, practically, and completely. This is deep material, made accessible, for those willing to do the hard job of finding one's true self."

Charles H. Green, Founder/CEO Trusted Advisor Associates, West Orange, NJ, USA

"This book allowed me to have a clear look at the real me. In the process I relived many emotions, both negative and positive. I've always believed that there are two people inside each of us. The first one is the "Me" formed by the perceptions of others and life experiences. The second one is the "Me" that I want to or can be, formed by my personal talents and abilities. I experienced this book *Becoming a Better You*" as a fantastic practical guide on bridging the gap to reaching YOUR full potential – moving from perceptions to your own destined perfection. An experience that you will never forget. Enjoy the ride!"

Louis van der Vyver, Founder: Character Transformation, Cape Town , South Africa

"*Becoming a Better You* is a perfect guide in a world where authenticity is valued and mindfulness is emerging as a business norm.

Authenticity requires a shift in mind that transforms what you think you know about yourself into the real you where your happiness is aligned with your choices and actions. Mindfulness requires you to be present and attentive in your own life in all its diversity.

Finding your true self is an inner journey accomplished in solitude and in our relationships. Peter Vajda's approach is truthful, simple, methodical and illuminating as he walks with you in your journey to expose self-deceptions and dead ends that can trap us as we strive to be who we really are.

It is a book that can be read and re-read. Every time you open it, the value increases"

Douglas Ross, Founder, Principle Dynamics Consulting Inc., Augusta, GA, USA

"Peter Vajda brings both a fresh and sincere tone and approach to *Becoming a Better You*, There is a plethora of material available to those on the journey of self-improvement, but few can equal the simplicity and authenticity that characterize Dr. Vajda's style. It is his ability to prompt and probe the reader to dig deep, look at an issue from every angle and ask the questions that really matter which will, in my mind, help to change lives."

Nicola Hunt, Director, Column-Inches, London, UK

"Peter Vajda has clearly done the work inherent in realizing the promise of this volume, *Becoming a Better You*. That Peter has engaged fully in the inquiry and practices resulting in this "path" that sits before you is evident in the authentic voice guiding you in these pages. As such, he has put together a comprehensive way to both understand cognitively and experientially what a "better" you might be, and to engage in those practices that support the experiential realization

of your own true nature. While Peter Vajda has written a very practical guide with the wisdom of one who has “walked the walk” of personal and professional development, at an even deeper level, his work connects with the wisdom teachings of the great spiritual traditions, providing it with even greater value for our life’s journey.

Open your body and heart, as well as your mind, to the wealth of information and practice here, and your soul—and our world—will be richly rewarded."

Rev. David Hett, Minister of Religious Life & Learning, First Community Church, Columbus, OH, USA

"My journey overlapped with Dr. Vajda's over ten years ago and my life is richer and fuller as a result of our intersection. Peter Vajda carries with him a depth of wisdom and an extraordinary drive for personal integration, honesty and integrity. He is an extra-ordinary human being, completely dedicated to his quest of true growth for himself and for all of us. He dances on the cutting edge of human growth and self-awareness and then shares the guideposts in tangible steps so those that choose this path can benefit from his travels. At times he can be an unrelenting task master, challenging us to look with new eyes and to stretch the uncomfortable space of growth and expansion of this blessing we all share called consciousness. I highly recommend that you experience Peter Vajda's work, in all modalities, and I promise you will emerge with a richer and more balanced awareness, a better you!"

Marcus Wittich, PMP, Traffic Operations Center, Vice President, ITS Operations, ATKINS, Atlanta, GA, USA

“What keeps you from being a better you? That’s the simple question at the heart of Peter Vajda’s practical – but challenging - guide to changing your life.

Let’s not mince words. As Peter Vajda stresses in his introduction, this book isn’t intended to be entertainment. Instead, it is a text book that takes you on a journey into, through and beyond your discomfort and leads you on a journey to become a better you. And that’s unlikely to be an easy journey.

That being said, if the journey it takes you on is meant to be challenging, that’s not to say that the book has to be challenging too. Like all the best text books, Peter Vajda has a gift for breaking down complex ideas and processes into very bite-sized chunks that the reader can unwrap, digest and revisit at their own pace. And it’s this very readability that makes this makes *Becoming a Better You* such an effective work of self-discovery.

Peter Vajda says that he hopes that *Becoming a Better You* will be one of the last self-help books you will ever read. He might just be right.”

David Bosdet, Co-founder and Editor of Management-Issues.com, London, UK

"Given all the ample literature available on self-improvement, it is great to finally read something that not only tells you what you need to do to change for the better but also offers an effective practical guide on HOW to do it. Dr. Peter Vajda's book is an extremely worthwhile read for anyone looking for helpful guidance, strategies, and very practical easy to follow steps on how to change your life to achieve greater happiness, health, peace, and prosperity.

Larry Faskowitz, Former Sales Director, Eastman Kodak Company; Senior Advisor Personal Business Advisors, LLC, Atlanta, GA, USA

“ I have known Peter Vajda and his work for many years and I recognize his amazing quest for how as human beings we could have a better life, a better sense of who we are! What is great about his book is that Peter stays a “human being.” He does not try to say how perfect we should be and give us some recipes for it. He knows that we have our inner judges, our fears, our attachments. And he knows that by being at peace with these elements, we then get to this little jewel which is in each of us. As he says in his book: "The truth will set you free." Peter guides us through a process of self –reflection and discovery with equanimity, peace and curiosity, eliminating the “should live, should say, should be,” and just being with the OK-ness of our experience." Helene Aubry Denton, CEO IDC, Institut de Coaching, Geneva, Switzerland.