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Alan is a man before his time and his love of quotes and movies is a highlight in "Dare to Be Yourself." The truth is, Alan is comfortable being himself and as Ingrid Bergman once said: "Be Yourself. The world worships the original." He has divided his book into five main sections: 1. The Return of the Golden Buddha - How to chip away the mask ...

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Focus on being true to yourself and self-sufficient, and you ' ll eventually find like-minded people. Ed Latimore. We have to dare to be ourselves, however frightening or strange that self may prove to be. May Sarton. People tend to take pride in who they are. And that ' s a bad idea, because that stops you from becoming who you could be.

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