



Be Yaself: The Autobiography

Justin Beaufort

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The story of Be Yaself shows the growth of an individual. It discusses the upbringing of the author who experiences several obstacles as an adolescent. Through guidance from parents and his environmental construct, becomes comfortable in his own skin. The author reveals the feeling of having insecurities about some of his own personal characteristics. He entails how he overcomes the insecure feelings and blossoms into a self-confident individual who takes on challenges willingly.

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