



North Kingstown, RI Author Publishes Book on Self-Discovery

This Book is a Guide to Self-Discovery

What Are You Waiting For?, a new book by Stephen J. Kauffman, has been released by Dorrance Publishing Co., Inc.

Struggling with self-worth, self-doubt, and loneliness is only a small part of the human condition. The beliefs, the programming, and the ideas passed on by caregivers, as well as the preconceived notions we have been exposed to early on is the real cause of the struggle. *What Are You Waiting For?* is a wake-up call to anyone who feels their life has been stuck on pause. “To Know Thyself is the beginning of wisdom.” (Socrates) By putting in the time and effort, Stephen continues on his path toward self-discovery and the ultimate freedom that comes with doing the “inside job.” While this journey has been anything but easy, the rewards and people along the way have made it all worthwhile. Guidance toward “self-discovery” does not have to be done in a vacuum. It’s something that must be achieved with others, as well as yourself. So, what are you waiting for?

About the Author

Stephen J. Kauffman, a “Seabee,” retired from the US Navy Reserves as a chief petty officer with over eighteen-and-a-half years of service. He is a Vietnam and Cold War veteran and was honorably discharged. He was employed by the department of Navy as a civil servant with over thirty-two years of service. Upon retirement, he trained as a Reiki master, foot reflexologist, and massage therapist. Stephen continues to practice BodyTalk, PaRama BodyTalk, and BreakThrough with those who seek true freedom.

What Are You Waiting For? is a 246-page paperback with a retail price of \$18.00. The ISBN is 978-1-4809-8376-2. It was published by Dorrance Publishing Co., Inc of Pittsburgh, Pennsylvania. For more information, or to request a review copy, please go to our virtual pressroom at www.dorrancepressroom.com or our online bookstore www.bookstore.dorrancepublishing.com.