



# Me Myth: What do you mean it's not all about me?

*Andrew Griffiths*

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## **Me Myth: What do you mean it's not all about me?** Andrew Griffiths

Successful businessman and bestselling author Andrew Griffiths has a simple but effective message to share: it's time to stop analysing our lives and time to start living. Andrew defines The Me Myth as the limiting belief that the world revolves around me. In short chapters he gives advice on how to shift the focus away from me and start living a better life through simple actions like mastering empathy, giving generously, inspiring people and having fun. The message is simple, but profound. And, most importantly, Andrew makes the journey fun! The Me Myth is a result of Andrew's observations as well as his own personal journey. His life has been filled with extraordinary hardships and obstacles, from an unusual childhood to near-death experiences, which he has not only overcome, but thrived on. This is the next step in personal growth it's time to move away from internal analysis and move the focus outwards.



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