



Becoming More Authentic: The Positive Side of Existentialism

James Park

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This is the first (and so far the only) book to offer a specific definition of Authenticity sub-divided into its component parts. Part I presents a 23-part description of Authenticity coordinated with a Authenticity Test of about 100 questions. This Authenticity Test allows readers to measure their progress toward greater Authenticity. Part II of the book explores several possible comprehensive projects-of-being. And Part III presents Authentic Existence as described by Camus, Sartre, Heidegger, Kierkegaard, & Maslow.

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