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The Identity Code

The 8 Essential Questions For Finding Your Purpose And Place In The World

Random House - 2005 (186 pages hardback)

Author **Larry Ackerman**

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The Identity Code is a book dedicated to dispelling a common myth. This myth is the concept that each of us can become *anything* we want to be. It is based on a belief in personal freedom and a cultural philosophy that we have unlimited choices and thereby can go in any direction we desire. Author Larry Ackerman believes this myth is the cause for much frustration and unhappiness in the world. Instead, he believes that "the secret to uncovering who you are, and your purpose, is built into you in the form of a code - the *identity code*." You discover your identity code through a process of *identity mapping* and this helps you to plan out your life and purpose. You will then understand what kind of work is right for you, how to build more effective relationships and which hobbies and personal interests will have the greatest meaning. The *identity code* is wired into each of us and is similar to our biological genetic code. It can provide us a map to show us how we are supposed to live in order to reach maximum fulfillment.

To help the reader crack the code Ackerman systematically presents eight questions and as these questions are answered the reader's identity becomes clearer. Each of these questions are related to a specific law of identity. One can then begin to take a journey, one question at a time, to explore their identity first on the inside, then to the outside and finally into the world.

The Identity Code begins with an opening chapter on the purpose of the book and background of discovering the Laws of Identity and the identity code. The next eight sections each discuss one of the eight essential questions to guide the reader toward self-discovery. Each question begins with a story, explores a promise and pathway related to the question and concludes with a series of personal identity exercises. The final chapter offers a framework that introduces the five stages of the arc of identity.

The Identity Code is an interesting and fascinating read. If you enjoy self-reflection and deep personal analysis you will find much to appreciate in this book. However, the reflection can be difficult to grasp and to get the most benefit from this book will require creating a journal and many hours of focus. The concepts presented would make an excellent all day workshop, but reading them in a book can be a challenge.

weLEAD Rating – recommended

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