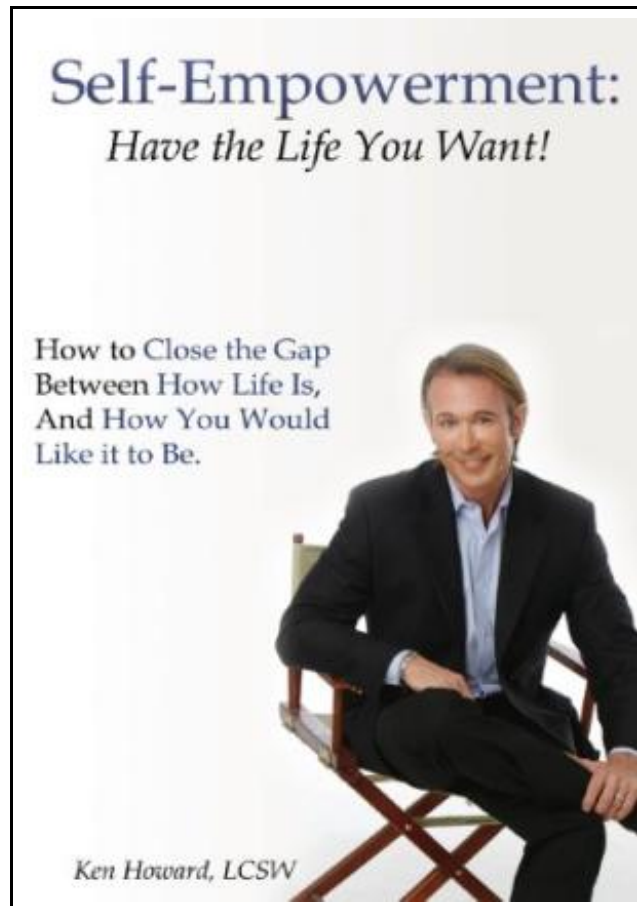


Self-Empowerment: Have the Life You Want



Filesize: 1.85 MB

Reviews

Very useful to any or all type of people. This is certainly for those who statte there was not a worth reading through. You can expect to like how the writer write this pdf.

(Dr. Rashawn Lang)

SELF-EMPOWERMENT: HAVE THE LIFE YOU WANT



Lulu.com. Hardcover. Book Condition: New. Hardcover. 150 pages. Dimensions: 9.1in. x 6.1in. x 0.8in. If you read only one self-help book this year, make it *Self-Empowerment: Have the Life You Want!* Its the portable therapist to help you close the gap between how life is, and how you would like it to be, in important areas of your life, such as your Mental Health, Health, Career, Relationships, Finances, Family, Community, and Spirituality. Learn how to achieve optimal living, take charge of your health, make progress in your career (both satisfaction and income), improve your relationships (romantic, family, and work), learn the seven ways to take care of your financial self, create a family of choice (not just your family of origin), establish a positive role in your local community, and achieve a satisfying and joyous spirituality. Case studies based on an amalgamation of actual experiences in clinical practice end each chapter, giving you examples (disguised for confidentiality of client information) of how to apply the principles of self-empowerment to real life. *Self-Empowerment: Have the Life You Want!* is based on Ken Howards more than 18 years of counseling, psychotherapy, and coaching in his private practice office and his experience with thousands of clients (individuals, couples, and groups) in hospitals, agencies, and community organizations. While many self-help books are written by well-meaning, non-professional individuals, this one is written by an actual licensed psychotherapist who is currently in practice in California. Learn how his experience working with clients just like you, solving problems just like yours, can help you. . . have the life you want! This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Hardcover.



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