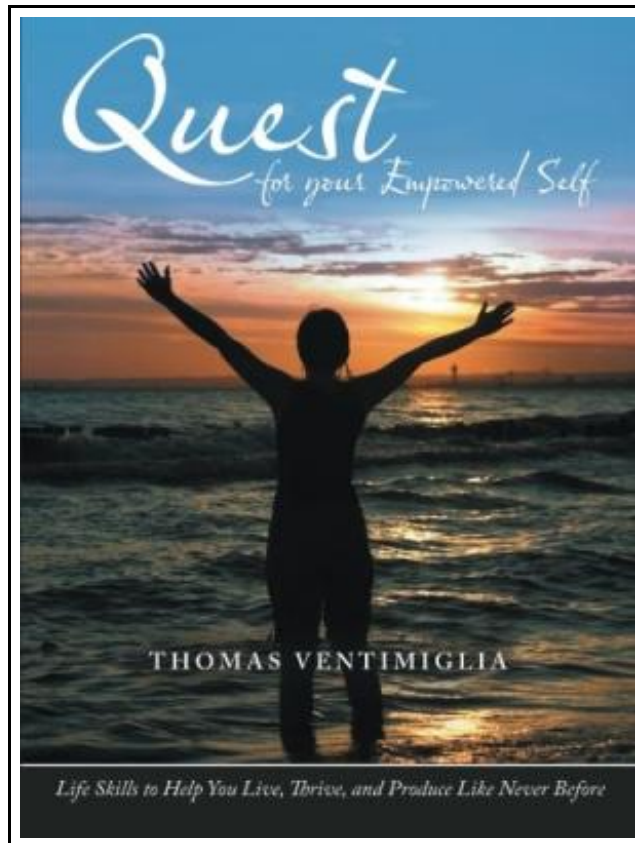# Quest for Your Empowered Self: Life Skills to Help You Live, Thrive, and Produce Like Never Before (Paperback)

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Reviews

It is really an remarkable book which i have ever go through. It can be writter in simple terms and not difficult to understand. I am just effortlessly can get a enjoyment of reading a composed pdf.
(Dr. Lily Wunsch II)

QUEST FOR YOUR EMPOWERED SELF: LIFE SKILLS TO HELP YOU LIVE, THRIVE, AND PRODUCE LIKE NEVER BEFORE (PAPERBACK)

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WestBow Press, United States, 2014. Paperback. Book Condition: New. 279 x 210 mm. Language: English Brand New Book ***** Print on Demand *****.This is NOT the required book for San Diego Community College Students. The life skills, techniques and exercises in this book will help you gain confidence to live the life of your dreams. The book seeks to help you answer the four meaningful questions: Who am I? (Identity) Where am I going? (Direction) Why am I going there? (Purpose) How will I get there? (Strategy) In order to be self-empowered, you must learn these key life skills within a self-empowerment model developed by author Thomas Ventimiglia. It consists of the eight elements of the self that make up the titles of the eight chapters in the book. You will find fifty-six high-powered strategies in bold print that can help you achieve each of the eight elements of the self. In addition, you will find 168 life skill exercises that can help you achieve these fifty-six strategies. These exercises have been proven to be successful with college students from ages 18 to 90, as measured by Ventimiglia in his twenty-four years of teaching. You ll learn state-of-the-art skills in stress management; taking responsibility; raising self-esteem; emotional development; managing anxiety, depression, and grief; reframing negative thoughts and beliefs; energy psychology methods; learning style identification; meditations; clarifying cultural, family, religious, and societal value systems; life balance; goal achievement; personality style; attracting the right person; setting boundaries of communication; and much more. He has also used these strategies to help others eliminate anxiety, phobias, trauma, pain in the body, negative emotions, grief, PTSD, and many other ailments.

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