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The Empowered Life and Your Connection to the Soul-Self

By Cassandra Blizzard

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 340 pages. Dimensions: 8.0in. x 5.0in. x 0.8in. Empower Yourself! Learn how we give away our personal power on a daily basis, and how you can recover your personal power and become more focused in your life on the positive things instead of on the negative things. Recover from toxic relationships by learning to set boundaries and move forward in your life with a healthy sense of self-value and purpose. Learn how communication affects our relationships for the better or worse. Understand how our perspective molds our worldview and can either enhance or damage our relationships. Build self-esteem. Learn to trust your own intuition and make positive decisions for Self. Build healthy boundaries in any relationship. Learn how to navigate a difficult relationship and come out of it with a healthy perspective of life and Self. Find joy and purpose in life. Discover what you were always meant to do. Success coach Cassandra Blizzard offers an intensive look at how we inadvertently give away our personal power and how we can regroup and bring ourselves back into balance. This book is the culmination of years of...



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