



DOWNLOAD



Self-Empowerment: Have the Life You Want

By Ken Howard

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! It's 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 Howard's more than 18 years of counseling, psychotherapy, and coaching in his private practice office and his experience with thousands...



READ ONLINE
[6.01 MB]

Reviews

This created ebook is great. it was writtern very properly and useful. Its been printed in an exceedingly easy way in fact it is just right after i finished reading this pdf where basically modified me, alter the way i think.

-- **Aglae Becker**

This ebook is definitely worth buying. It is definitely basic but excitement within the fifty percent in the ebook. Its been designed in an extremely straightforward way which is merely following i finished reading this ebook where basically changed me, alter the way in my opinion.

-- **Ward Morar**