Empowerment: The Art of Creating Your Life as You Want it (2nd)

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Sterling Publishing Co Inc. Paperback. Book Condition: new. BRAND NEW, Empowerment: The Art of Creating Your Life as You Want it (2nd), David Gershon, Gail Straub, This book teaches readers empowerment by altering consciousness and thought processes. It uses practical techniques, inspiring stories, visualisations and excercises for self-evaluation. It covers seven areas of life: relationships, sexuality, money, work, body, emotions and spirituality. For two decades, David Gershon and Gail Straub have taught thousands of people how to make their dreams come true and "Empowerment" builds on that real-life experience. Gershon and Straub believe that our thoughts and beliefs create the actual conditions of our life; to change things, we must first alter our consciousness and our thought processes. That's what this book helps readers do, through practical techniques, inspiring stories, visualisations and exercises for self-evaluation. It covers seven areas of life: relationships, sexuality, money, work, body, emotions

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