



Charge Up Your Life: Over 100 Tools to Explore and Discover the Real You

By PH.D. Ellen M Diana, Ed.D. Connie M Leach

Wheatmark, United States, 2010. Paperback. Book Condition: New. Workbook ed.. 235 x 191 mm. Language: English . Brand New Book ***** Print on Demand *****.The popular self-help book Charge Up Your Life outlines the six components necessary for love, happiness, and success while introducing the Take Charge Solution. This unique model for personal growth has helped readers become aware of their personal stumbling blocks and move beyond them. An excellent addition to Charge Up Your Life, this workbook offers a new set of engaging exercises designed to help you improve your life . . . without changing the essence of who you are. Inside you will find: Activities that show you how to look within for answers Techniques to identify the barriers that hold you back Keys to the emotional origins of your aches and pains Methods for developing friendships and other relationships Strategies that get people to listen when you talk With quizzes to chart your progress, the Charge Up Your Life Workbook will start you on the path to love, happiness, and success, and give you the tools you need to keep going. About the Authors Ellen is a psychologist with more than twenty years experience working with...



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