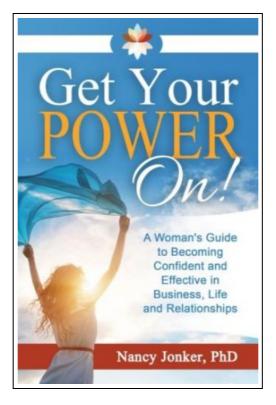
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Dr Nancy Jonker. Paperback. Condition: New. 184 pages. Dimensions: 8.0in. x 5.2in. x 0.5in.Do you dream of living with more confidence Do you envy those who can speak their minds without fear of repercussions Do you long to be able to stand your ground in any challenging situation Increasing self-confidence and letting go of self-doubt is not just a matter of the mind! We can actually use our bodies to shift our thinking, change our attitudes, and foster greater poise and self-assurance. This conversational and practical book, written by Nancy Jonker, PhD, is chock-full of mindbody strategies that help you develop self-awareness and inner wisdom, so you can master the art of presence and expand into your fullest capacity. Boost your energy for life, express yourself with confidence, gain financial freedom, and learn relationship strategies that strengthen your connections with others. How can Get Your POWER On! help you This book will support you in examining the attitudes that keep you from owning your full power and help you discover how your personal life story got you where you are today. Maybe you have power in your work life because your role or title calls for it but find it challenging to be your strong self at home. Maybe you function at full capacity at home, but feel out of sync and insecure in the workplace. Maybe you dream about being a strong, independent woman, but dont know how to get there. Or maybe you are already a strong, independent woman but feel alone and exhausted from the efforts of looking perfect. Are you ready to say YES to more effective living In this practical guide, you will learn: - Advantages of having personal powerwhat it is and why you want more of it - Five beliefs that undermine confidence...

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