



## Empowered Youth: A Father and Son's Journey to Conscious Living

By Michael Eisen, Jeffrey Eisen

Hay House Inc. Paperback. Book Condition: new. BRAND NEW, Empowered Youth: A Father and Son's Journey to Conscious Living, Michael Eisen, Jeffrey Eisen, Empowered YOUTH is the heartfelt story of Michael and Jeffrey Eisen, who rose up from a tumultuous, emotional past to come together in a loving, respectful relationship as father and son, coach and student. Through this engaging narrative, they provide a refreshing perspective on how parents and kids can work together to empower one another by opening the channels of communication, dissolving fear and surrendering the need for control. With a perfect balance of moving stories, applied learning and practical wisdom, Empowered YOUTH offers guidance for parents, young people, educators, and anyone seeking a more empowered life. While adults will instantly relate to Jeffrey's struggle to connect with his children, provide for his family, and listen to his own heart's desire, young people will love Michael's honest and emotional examination of an angst-filled childhood that was laden with stress, sadness, isolation and self-inflicted pressure. Through this story of a relationship that has been broken apart and put back together, Jeffrey and Michael provide inspiration for those looking to empower the next generation in a more loving, open,...



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