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Choose Power: Tools and Techniques for Home and Work

By Pammyla Brooks

John Hunt Publishing. Paperback. Book Condition: new. BRAND NEW, Choose Power: Tools and Techniques for Home and Work, Pammyla Brooks, How can I feel more powerful right here, right now? Each chapter in "Choose Power: Tools and Techniques for Home and Work" goes into a different aspect of power in our lives. It helps you find out how to increase your power with people, power from your body, power over thoughts and feelings, powers of attraction and intention, and spiritual power. Pammyla Brooks gathers Power Principles from a variety of traditions, and then clearly explains and applies them to every day life. In addition, step-by-step exercises are sprinkled throughout this book in order to easily practice the techniques today, and use them tomorrow at home or at work. People from every background like this book because it is easy to understand. Although the techniques are presented at basic, introductory levels, they result in truly deep changes in people's lives.



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