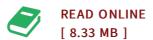




Quest for Your Empowered Self: Life Skills to Help You Live, Thrive, and Produce Like Never Before

By Thomas Ventimiglia

WestBow Press, United States, 2014. Paperback. Book Condition: New. 279 x 210 mm. Language: English Brand New Book ***** Print on Demand *****. This is NOT the required book for San Diego Community College Students. The life skills, techniques and exercises in this book will help you gain confidence to live the life of your dreams. The book seeks to help you answer the four meaningful questions: Who am I? (Identity) Where am I going? (Direction) Why am I going there? (Purpose) How will I get there? (Strategy) In order to be self-empowered, you must learn these key life skills within a self-empowerment model developed by author Thomas Ventimiglia. It consists of the eight elements of the self that make up the titles of the eight chapters in the book. You will find fifty-six high-powered strategies in bold print that can help you achieve each of the eight elements of the self. In addition, you will find 168 life skill exercises that can help you achieve these fifty-six strategies. These exercises have been proven to be successful with college students from ages 18 to 90, as measured by Ventimiglia in his twenty-four years of teaching. You ll learn state-of-the-art skills in...



Reviews

The publication is easy in read through safer to comprehend. It is actually loaded with wisdom and knowledge Its been printed in an extremely simple way and is particularly simply right after i finished reading through this pdf where actually modified me, affect the way i believe.

-- Ms. Clementina Cole V

This is the very best publication i have got read until now. It is definitely simplified but shocks within the fifty percent of the pdf. You may like how the article writer create this pdf.

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