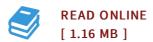




Quest for Your Empowered Self: Life Skills to Help You Live, Thrive, and Produce Like Never Before (Paperback)

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

It is fantastic and great. It is writter in easy words and phrases instead of confusing. I am just delighted to explain how this is actually the best book i have got read through during my individual life and might be he finest publication for ever.

-- Prof. Murl Shanahan DDS

I just started off looking over this ebook. It is actually loaded with wisdom and knowledge Its been developed in an remarkably simple way in fact it is simply after i finished reading through this book where basically modified me, modify the way i believe.

-- Josie Koch IV

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