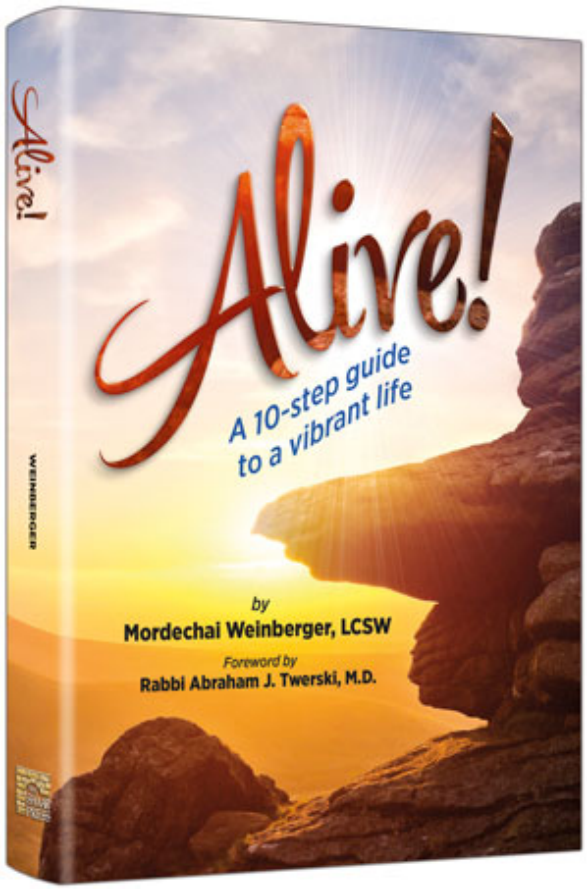
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Alive!



Price: ~~$29.99~~ $26.99

Description

A 10-step guide to a vibrant life

Author: Mordechai Weinberger LCSW

Product Details

Format : Hardcover

Pages : 304

Dimensions : 6 x 9 x 0.813 inches

Weight: 1.4 LBS
Size : Standard
Language: English

Description

Do you want to starve your spirit… or feed it?
Do you want to keep your potential hidden… or unlock it?
Do you want to just act alive… or really be alive!

As a master therapist and acclaimed public speaker, Mordechai Weinberger LCSW has helped literally thousands of people build better, more satisfying, and happier lives. Now he shares with us his understanding of the human personality and the ten most powerful concepts he's developed to unlock the strength that lies within each of us.

In this self-help masterpiece, we'll find the way to shed the fears that block our confidence and self-esteem. As we "unlock" our innate power to forgive, to try new things, to connect to our true natures, to accept and grow from our failures, to set

boundaries and build self-discipline, we will find a new kind of life unfolding — a life we can embrace with vigor and excitement. The author's ten key concepts work to bring success and satisfaction to all ages and stages, from teenagers to married couples to parents to business entrepreneurs. Case studies and true-life examples show us how to bring these techniques to actual life situations and use them most effectively.

The author's style is upbeat and often humorous, grounded in a thorough understanding of what makes us who we are — and who we can be.

Alive! gives us the tools for self-awareness and self-transformation, so we can leave negativity, anger, and frustration behind, and instead fearlessly reach higher, using our strengths, achieving our goals and finding inner peace. That’s real living!

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