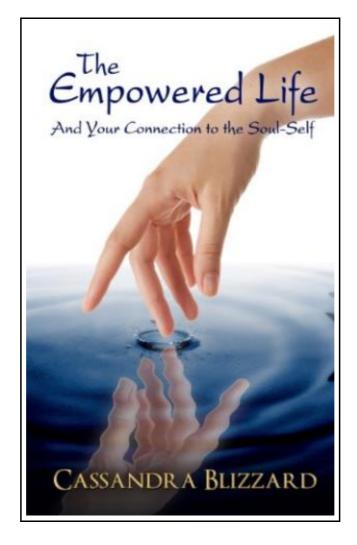
# The Empowered Life and Your Connection to the Soul-Self



Filesize: 8.09 MB

# **Reviews**

It is straightforward in go through easier to recognize. I actually have study and that i am sure that i will going to study yet again again down the road. Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Jaclyn Johns DDS)

## THE EMPOWERED LIFE AND YOUR CONNECTION TO THE SOUL-SELF



CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 340 pages. Dimensions: 8.0in. x 5.0in. x 0.8in.Empower Yourself! Learn how we give away our personal power on a daily basis, and how you can recover your personal power and become more focused in your life on the positive things instead of on the negative things. Recover from toxic relationships by learning to set boundaries and move forward in your life with a healthy sense of self-value and purpose. Learn how communication affects our relationships for the better or worse. Understand how our perspective molds our worldview and can either enhance or damage our relationships. Build self-esteem. Learn to trust your own intuition and make positive decisions for Self. Build healthy boundaries in any relationship. Learn how to navigate a difficult relationship and come out of it with a healthy perspective of life and Self. Find joy and purpose in life. Discover what you were always meant to do. Success coach Cassandra Blizzard offers an intensive look at how we inadvertently give away our personal power and how we can regroup and bring ourselves back into balance. This book is the culmination of years of working with people and teaching clients how to trust in their Soul, live a more balanced life, and find fulfillment and happiness in the world. Build a bridge of trust with your own Soul, become self-actualized, and take charge of your life like never before. Learn how to get rid of old baggage and break up old belief systems that hold you back, and be bold about moving forward in positive ways. You can have the good life, a balanced life, and an emotionally healthy life. Cassandra shows readers how to appreciate, respect, and value Self, how to lay down...



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