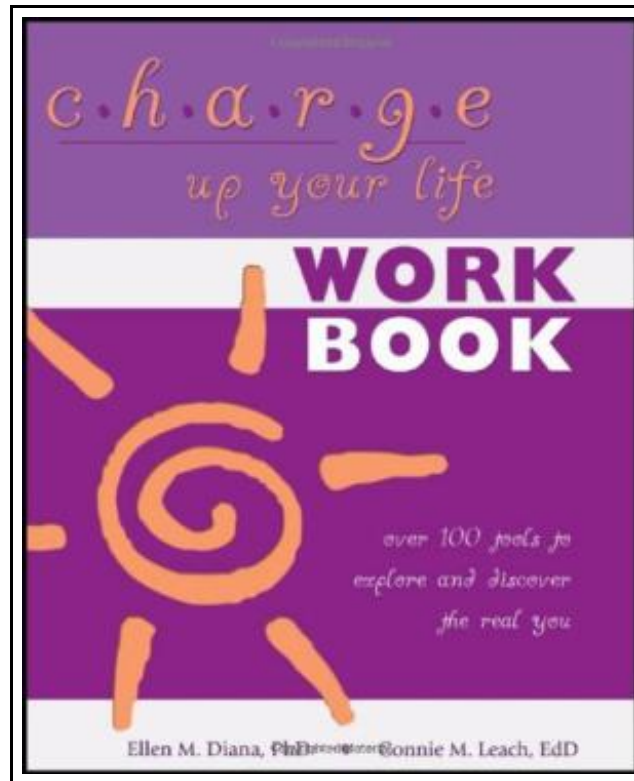


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Wheatmark, United States, 2010. Paperback. Book Condition: New. Workbook ed.. 235 x 191 mm. Language: English . Brand New Book ***** Print on Demand *****.The popular self-help book Charge Up Your Life outlines the six components necessary for love, happiness, and success while introducing the Take Charge Solution. This unique model for personal growth has helped readers become aware of their personal stumbling blocks and move beyond them. An excellent addition to Charge Up Your Life, this workbook offers a new set of engaging exercises designed to help you improve your life . . . without changing the essence of who you are. Inside you will find: Activities that show you how to look within for answers Techniques to identify the barriers that hold you back Keys to the emotional origins of your aches and pains Methods for developing friendships and other relationships Strategies that get people to listen when you talk With quizzes to chart your progress, the Charge Up Your Life Workbook will start you on the path to love, happiness, and success, and give you the tools you need to keep going. About the Authors Ellen is a psychologist with more than twenty years experience working with adults, children, and families. She is interested in writing more about mentoring women in transition, developing effective parenting skills, exploring couples issues, and creating emotionally safe classrooms. She has three adult children and lives with her husband in the Phoenix area. Connie has a passion for empowering others to attain their dreams and find their life s purpose. She is a personal life coach and author living in Scottsdale, Arizona. Connie holds degrees in administrative leadership, psychology, and counseling and has over twenty-five years of experience working with children, adolescents, and adults in public and private school settings.



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