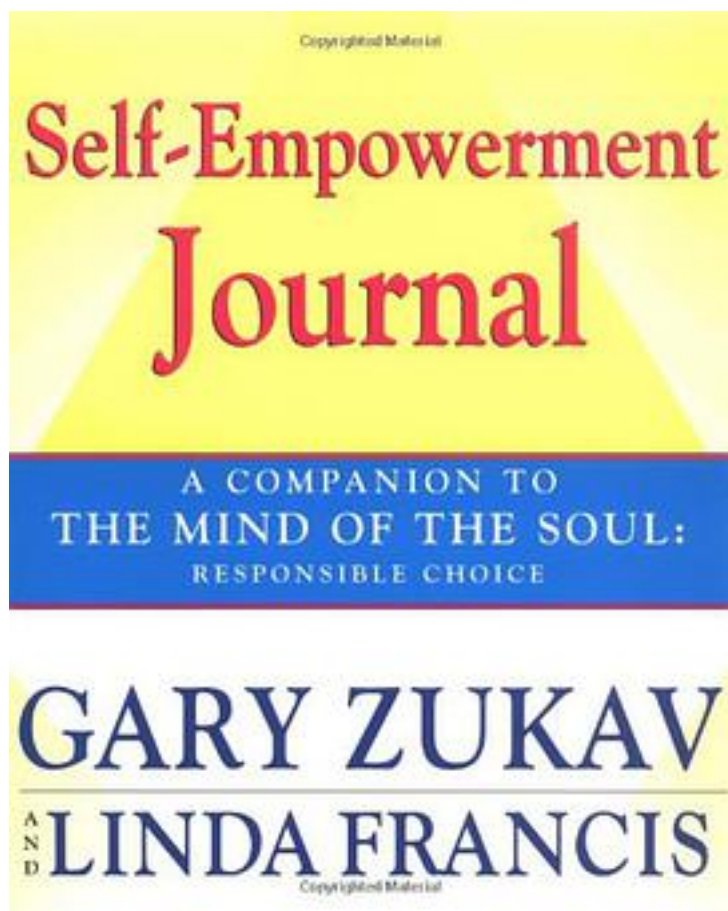


# Self-Empowerment Journal



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The journal that transforms a reading book into a life-changing personal experience. The Self-Empowerment Journal is the perfect companion to Gary Zukav and Linda Francis's *The Mind of the Soul: Responsible Choice*, a groundbreaking new book that explains how to take responsibility for the choices you make in life and to liberate

yourself from the illusion that you are victim to your own circumstances. The journal contains empowering new material specifically developed to help you to actively apply the authors' suggested exercises and discover for yourself new ways of being that will bring satisfaction and wholeness into your life. There is a special magic to journal writing. It is not enough to merely read about ways to improve your life. Working through the practical exercises and recording them in your journal becomes a genuine process of self-examination and self-discovery, a way of asking yourself meaningful questions and keeping track of your progress in spiritual growth. By looking deeply into yourself, you can determine what works best for you. You will discover countless new opportunities and develop the freedom to experiment, decisively taking charge of your actions. You will also find ways to overcome the problems that hold you back, and practice new ways of achieving authentic power and spiritual growth. The journal is a crucial tool that will keep you focused on your journey, helping to make wise and empowering choices in life.

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