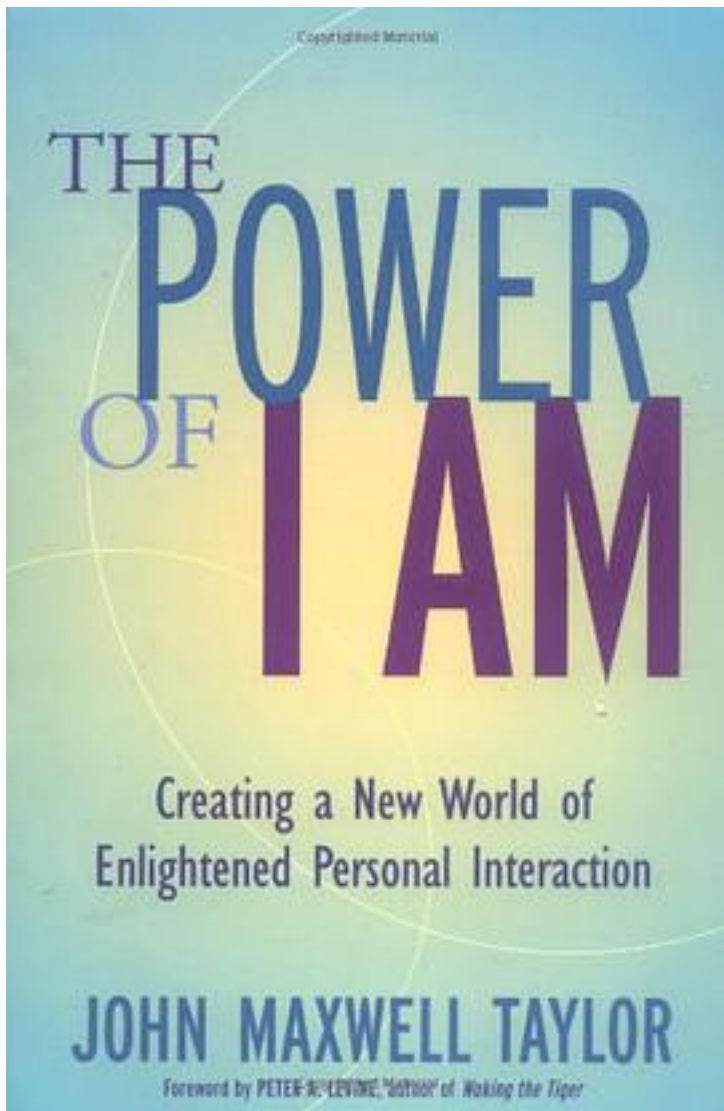


# The Power of I Am



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著者:Taylor, John Maxwell

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Fear, anger, anxiety, negativity, rudeness, information overload — the stressors of modern life can make just getting through the day a daunting task. Since 1985, John Maxwell Taylor has been moving through the collective madness with joy, spirit, and strength. The Power of I Am invites the reader to join him on this journey. Combining principles from martial arts, mindfulness, body-centered awareness, and spiritual and scientific principles, this engaging mix of practical tools, stories, and life lessons teaches personal empowerment through gaining inner strength in social situations and dealing effectively with negative people. The author uses real-world experiences to show readers how to stop being drained by “energy vampires,” how to defuse conflict by boosting energy levels when trouble comes, how to eliminate stage fright and other social anxieties, how to increase personal magnetism and sense of self, and how to tap the existing, but often dormant, power of the mind for personal transformation.

作者介绍:

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