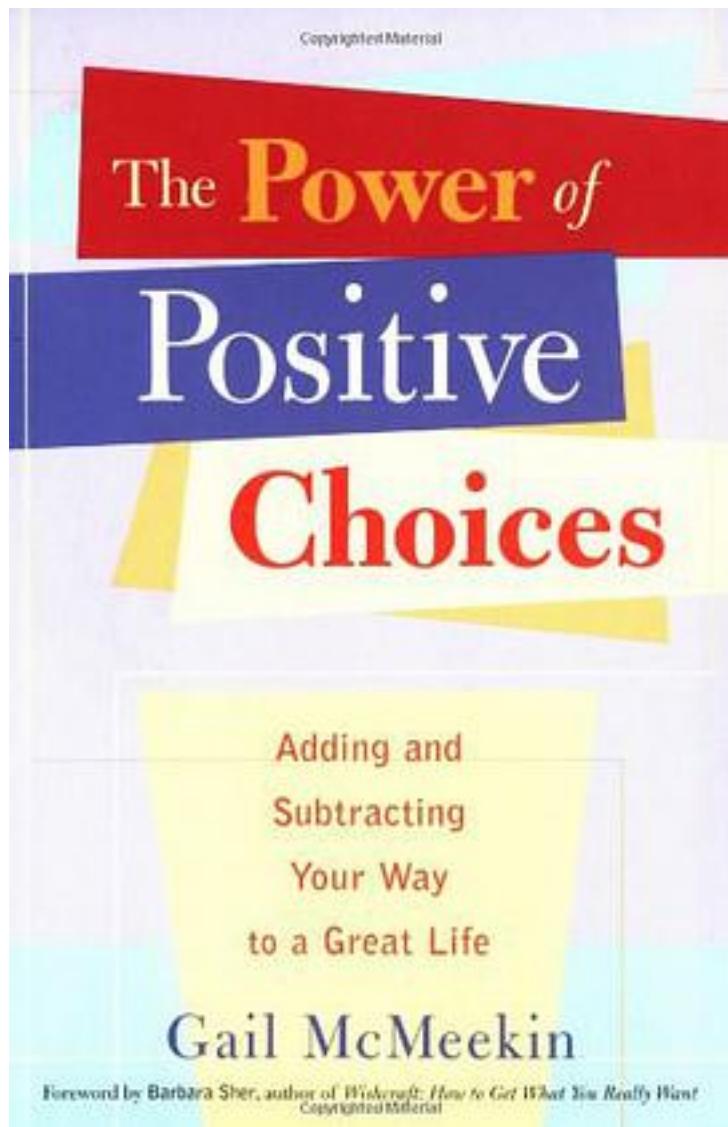


# The Power of Positive Choices



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This straightforward and accessible text is divided into two parts: being and doing. Each chapter treats a specific theme, which is made concrete through one or more exercises aimed at reducing negative energy and taking control. Using the author's practical program, readers learn how to eliminate stress and become empowered.

作者介绍:

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