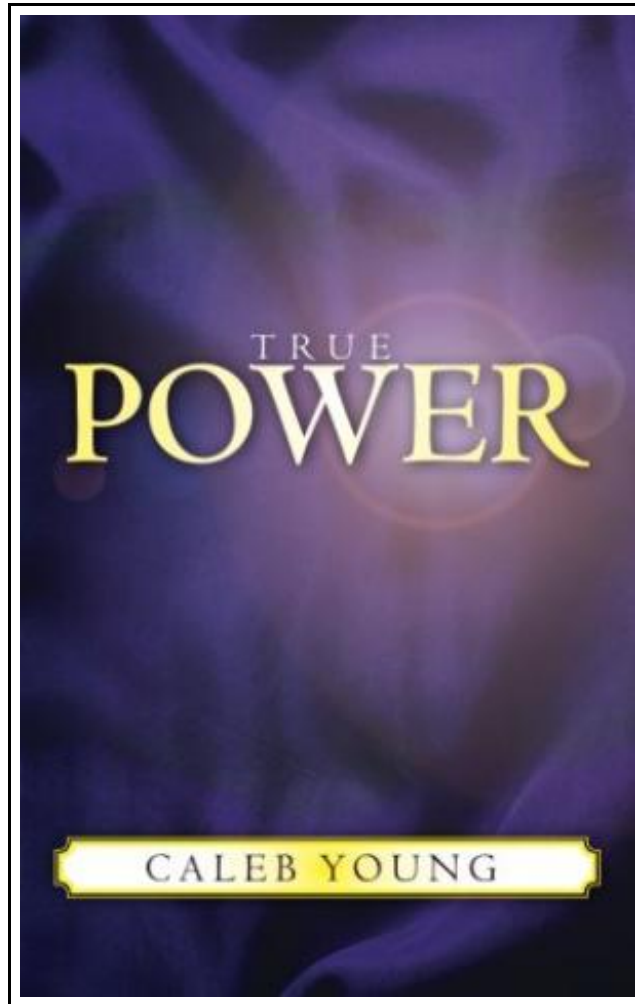


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Caleb Young, United States, 2011. Paperback. Book Condition: New. 198 x 122 mm. Language: English . Brand New Book ***** Print on Demand *****.True Power is your personal battle plan: a guide to find your potential, to explore life, to minimize your regrets, to outright obliterate your barriers and bad habits, and to come face-to-face with the fear of the unknown and defeat it every single time. ** ForeWord Clarion Review Mark G. McLaughlin Nov 8, 2011 [...] Caleb Young's ambitious undertaking is a motivational speaker's seminar in print form. Young claims that by following his get-up-and-go program, not only can people kick bad habits like smoking, but they can also accomplish their dreams and lead healthier, happier lives. The book includes a good deal of old-fashioned, sage advice as well as a few modern personal techniques for self-empowerment. When combined, they build a complete battle plan for change. There are no magic potions or appeals to divine intercession in True Power. The author is not trying to sell anything and does not espouse prayer or meditation, although he does recommend some light yoga. Young encourages readers to find and tap the light within, instead of looking to others to solve their problems. Finding that light is one thing; turning on the switch is another. To that end, the author has developed what he calls Ghost Training and The Power Word. He also presents a useful tool he calls the War Game Calendar. [...] Young takes good, sound, practical advice doled out by generations of positive thinkers and presents it in a program he believes will help those who want to help themselves.



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