



PowerBites: 30 Ways to Reclaim and Sustain Your Personal Power

M. Cathy Angell

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Do you have a tendency to procrastinate? Are you ignoring an urge to do something that you'd love to do? Do you say yes when you really mean no? Are you unhappy with your appearance, job, or some of the people in your life? Are you reeling from the break-up of a serious relationship? You may be experiencing power-leaks or power-slams! This interactive workbook, especially geared toward women, will help you explore the ways you give away your power, then guide you through a simple and empowering process of getting back on track. PowerBites serves up succinct, practical strategies along with personal stories that are fun to read and easy to digest! You'll learn why it's important to: Follow Your Creative Urges, Free Your Inner Martyr, Give Yourself an Update, Walk Past The Devils, Arrive On Time, Know Your Yeses, Do Something that Scares You, and much, much more! Whether you swallow these strategies whole, or chew them one bite at a time, you'll be nourished with 30 insightful techniques for standing in your power.

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