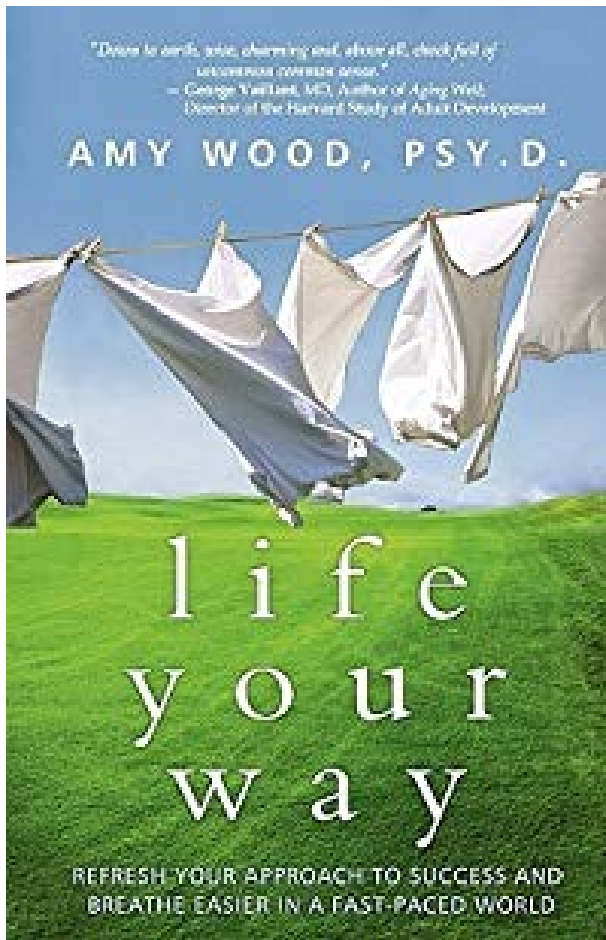


Life Your Way: Refresh Your Approach to Success and Breathe Easier in a Fast-Paced World



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Life Your Way: Refresh Your Approach to Success and Breathe Easier in a Fast-paced World is a breath of fresh air in the crowded self-help market. Unlike the hundreds of existing personal and professional improvement books boasting idealistic and fleeting relief from modern pressures -- Have, Do and Be It All in Ten Easy Steps! Reinvent Yourself By Friday! - this timely book teaches a practical, reality-based, and enduring program for staying grounded and encouraged amid the overwhelm of our hectic modern age. Author Amy Wood, Psy.D., a seasoned psychologist with wide-ranging experience in understanding and facilitating healthy adult development, offers a real solution to our national stress problem by showing you how to embrace the realities of our perpetually overwhelmed culture and go within to restructure and update your fundamental approach to personal and professional success on your terms. Using inspiring examples from her life and work, the author communicates in a conversational style the psychological theory and social context behind her recommendations, making this a simultaneously sophisticated, stimulating, and down to earth self-help read. This immensely engaging and enjoyable book is suitable for consumers as well as counselors and coaches wishing to use the book to guide their clients.