

Your Ultimate Life Plan

Jennifer Howard

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Your Ultimate Life Plan Jennifer Howard WINNER OF 12 BOOK AWARDS, INCLUDING:

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"Wise, warm, illuminating and instructive: this gentle book is for anyone ready and willing to start the wondrous exploration of what it means to be whole."

--Guy Finley, author of The Secret of Letting Go and The Courage to Be Free

We live in difficult and stressful times. You've read books and done workshops, but you still have to face so many stubborn obstacles. Yet it's often our pain and dissatisfaction that pushes us to seek a more conscious life.

Your Ultimate Life Plan is the missing "how to" for getting unstuck and moving past your problems into a richer and more meaningful life. It's a roadmap to living your most happy, most authentic, most amazing life.

A practical guide that will help you improve every moment of your life and create changes that last, *Your Ultimate Life Plan* teaches you how to build:

- Confidence: Remove what's stopping you.
- Strength: Move from your wounded ego into your sacred self.
- Courage: Make smarter choices by embracing the Four Dimensions of Consciousness.
- Success: Rise to your next level of happiness, clarity, and transformation.

The distillation of Dr. Howard's 20-plus years of experience as a licensed psychotherapist and spiritual teacher, this **"workshop in a book"** will help you do more than understand Wholeness--you will experience it.

Why settle for average, when the potential to live an amazing life is inside you, right now? This book will help you step boldly into your next, deeper level of happiness, wholeness, transformation, and success.



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