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CHOOSE POWER

Tools and Techniques for Home and Work

Pammyla Brooks

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How can I feel more powerful right here, right now? Each chapter in **CHOOSE POWER: TOOLS AND TECHNIQUES FOR HOME AND WORK** goes into a different aspect of power in our lives. Find out how to increase your power with people, your power from your body, your power over thoughts and feelings, your powers of attraction and intention, and your spiritual power.

Pammyla Brooks has gathered Power Principles from a variety of traditions, and then clearly explains and applies them to every-day life. In addition to that, she has sprinkled step-by-step exercises throughout the book so that the reader can easily learn the techniques today, and use them tomorrow at home or at work.

This book is suitable for people from all backgrounds as it is easy to follow. Although the techniques are presented at basic introductory levels, they result in deep changes in people's lives.

The bottom line is that THEY WORK!

This multi-disciplinary approach brings together resources and information from many sources blended together to provide a wide-ranging foundation for accessing your personal power. With many exercises and suggestions, this book can help to create and sustain the exceptional potential that lies within each of us.

Jade River, Co-founder of Re-formed Congregation of The Goddess-International and author of 3 books.

Author Information: Pammyla (pronounced "Pamela") Brooks has a BA in Psychology and an MS in Clinical and Health Psychology. She is a Certified Toastmaster (CTM), certified in NLP (Neuro-Linguistic Programming), and is a top-notch speaker, facilitator, and trainer. Having taught and consulted for the University of Texas at Austin, DeVry University, Dell Computers, Dell Financial Services, the Texas Comptroller's Office, and for other non-profit, government, educational, and corporate settings for over 10 years, she can teach anything and make it fun. Please see www.Pammyla.com for more information.

Choose Power
Pammyla Brooks

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O is a symbol of the world, of oneness and unity. O Books explores the many paths of wholeness and spiritual understanding which different traditions have developed down the ages. It aims to bring this knowledge in accessible form, to a general readership, providing practical spirituality to today's seekers.

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