



The Lifequake Phenomenon: How to Thrive (Not Just Survive) in Times of Personal and Global Upheaval (Hardback)

By Toni Galardi

Wheatmark, United States, 2009. Hardback. Book Condition: New. New.. 231 x 160 mm. Language: English . Brand New Book ***** Print on Demand *****.The initial signs are subtle. You're bored by activities you once enjoyed. You rely on mindless distractions like web surfing, TV, alcohol, or overeating to get you through the day. Though you sense something is fundamentally wrong, the fear of making changes keeps you clinging to outmoded habits and addictions. And then the soul awakens and the crisis hits. You're in a LifeQuake! It's time to evolve, but you're not sure how. In *The LifeQuake Phenomenon: How to Thrive (Not Just Survive) in Times of Personal and Global Upheaval*, Dr. Toni Galardi provides the definitive road map through the rocky terrain of constant change. Her book will help you turn your LifeQuake from a seismic drama into a bold adventure. You will learn how to: make changes before you're forced to fluidly adapt to sudden change transform economic upheavals into fertile opportunities uncover your true purpose joyfully participate in global transformation Can you see yourself fearlessly walking into the unknown? With Dr. Galardi's revolutionary approach to change, along with inspiring stories...



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Reviews

Absolutely essential read publication. it absolutely was written very completely and valuable. It is extremely difficult to leave it before concluding, once you begin to read the book.

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