



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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It is great and fantastic. Better then never, though i am quite late in start reading this one. Its been written in an extremely simple way and is particularly only right after i finished reading this ebook where actually changed me, affect the way i really believe.

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