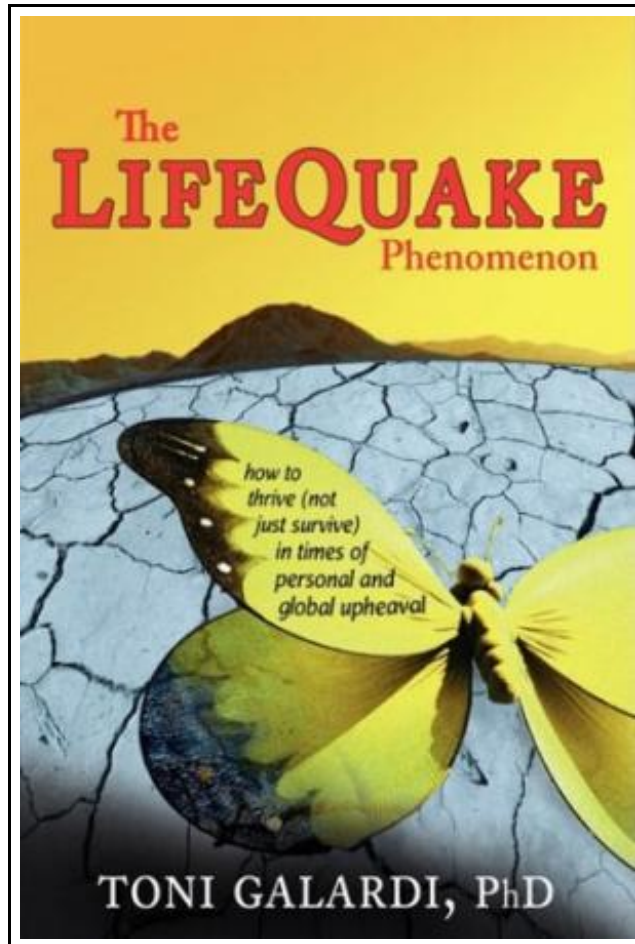


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Wheatmark, United States, 2009. Hardback. Book Condition: New. New.. 231 x 160 mm. Language: English . Brand New Book ***** Print on Demand *****.The initial signs are subtle. You re bored by activities you once enjoyed. You rely on mindless distractions 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 from Ben Johnson, MD (from *The Secret*), Martin Rutte (coauthor of *Chicken Soup for the Soul at Work*), Barbara Marx Hubbard (author of *Conscious Evolution*), Chellie Campbell (author of *Zero to Zillionaire*), and other human-potential pioneers, *The LifeQuake Phenomenon* gives you cutting-edge tools to transform the life you have into the life you ve always wanted. Reviews When your personal foundation is being shaken to the core, you need a road map. Look no further -- here it is. Toni Galardi can take you where you need to go. -- Hyla Cass, MD, author of 8...

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