



The Power to Stop (Paperback)

By Karen Bentley

Morgan James Publishing llc, United States, 2012. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****. The Power to Stop is a 30-day do-it-yourself spiritual training program that stops bad habits, undoes out-of-control behaviors and ends substances abuse problems. It s revolutionary because it uses an ordinary, unwanted behavior as an essential tool for developing self-love, personal power and moments of enlightenment. The secret of success is the experience of self-love, which is learned through four easy and practical stopping skills. There s a skill for the mind a skill for the spirit a skill for the heart and a skill for the body. Each skill by itself is powerful and produces a calming result; however, when all four skills are practiced in a disciplined way, the intention to stop is amplified and leads to a full-life expression of stopping. In addition to teaching the essential life-skill called stopping, The Power to Stop accelerates personal growth, restores connection with God and renews deep, rich meaning in life. Take the happy leap from wasting your life to saving it with love. Karen Bentley is the author of 17 books, an educator...



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