

Title:

Inside Out Empowerment

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764

Summary:

When we are thinking of making changes in our lives, all too often we look externally. We have

Whenever we wait for certain things, people or conditions to be in place in order to be ^happy

Keywords:

choice theory, reality therapy, goals. positive thinking

Article Body:

When we are thinking of making changes in our lives, all too often we look externally. We have

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Then, there are those situations when we make our happiness contingent on certain things. I'll

While it is perfectly acceptable to hope for things to be different in your life and to strive

However, if you focus on the positive and what you have that's good and helpful, then you will

We have almost total control over our thinking. I know there are unwelcome thoughts that intru

So why do you have to be the one who changes when it is obvious that the ^other person~ is the

If you are certain your boss is a controlling, arrogant jerk, do you think he or she is lying

Most of human suffering is our resistance to what exists in our life. We become quite power hu

Inside Out Empowerment teaches individuals first to attribute the problem to the correct indiv

Inside Out Empowerment is such a powerful way to unleash your personal power in a big way. Wha

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