



Self-Empowerment: Have the Life You Want!

Ken Howard

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If you read only one self-help book this year, make "Self-Empowerment: Have the Life You Want!" it. It's the "portable therapist" to help you close the gap between how life is, and how you would like it to be, in important areas of your life, such as your Mental Health, Health, Career, Relationships, Finances, Family, Community, and Spirituality, based on over 18 years of counseling, psychotherapy, and coaching by Ken Howard, Lcsw.

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