



The Power Book : A 7-Step Life Makeover

Dawn Breslin



A pocket rocket! This dynamic book is a total first aid kit for overcoming problems such as fear, anxiety, depression, lack of self-confidence and addiction. Using affirmations, accelerators, action plans and very effective strategies, Dawn Breslin, the popular TV People Coach, has created a fantastic prescription book to heal what ails us. This book is an ideal way to start the New Year in a positive way. It will help people to kick those habits and self-limiting behaviour patterns burst into the New Year with a positive attitude.

- [Practical Fibre Optic Bronchoscopy](#)
- [The Practical Brewer : A Manual for the Brewing Industry](#)
- [Power Lines](#)
- [Power Rangers Samurai : Meet the Rangers](#)
- [Poverty: its Degrees, its Causes and its Relief : A Multidisciplinary Approach to an Urgent Problem](#)
- [The Power of the Smile : Humour in Spanish Culture](#)
- [Power Systems and Renewable Energy : Design, Operation, and Systems Analysis](#)
- [Power in Flight](#)
- [Poverty Alleviation, Institutional Development and Needs Assessment](#)