

WINNER OF 12 BOOK AWARDS, INCLUDING:* 2013 Gold Nautilus Book Award Winner
** Gold Readers Favorite Intl Book Award Winner ** USA Best Book Award Winner**
Silver Benjamin Franklin Book Award Winner ** ForeWord Book of the Year Award Finalist
* * Next Generation Indie Book Award Finalist *Wise, warm, illuminating and instructive:
this gentle book is for anyone ready and willing to start the wondrous exploration of what it
means to be whole.--Guy Finley, author of The Secret of Letting Go and The Courage to Be
FreeWe live in difficult and stressful times. Youve read books and done workshops, but you
still have to face so many stubborn obstacles. Yet its often our pain and dissatisfaction that
pushes us to seek a more conscious life. Your Ultimate Life Plan is the missing how to for
getting unstuck and moving past your problems into a richer and more meaningful life. Its a
roadmap to living your most happy, most authentic, most amazing life.A practical guide that
will help you improve every moment of your life and create changes that last, Your Ultimate
Life Plan teaches you how to build: Confidence: Remove whats stopping you.Strength: Move
from your wounded ego into your sacred self.Courage: Make smarter choices by embracing
the Four Dimensions of Consciousness.Success: Rise to your next level of happiness, clarity,
and transformation.The distillation of Dr. Howards 20-plus years of experience as a licensed
psychotherapist and spiritual teacher, this workshop in a book will help you do more than
understand Wholeness--you will experience it.Why settle for average, when the potential to
live an amazing life is inside you, right now? This book will help you step boldly into your
next, deeper level of happiness, wholeness, transformation, and success.Through her depth of
experience as a therapist and spiritual practitioner, Jennifer Howard introduces skillful means
for loving ourselves for who we are in this very moment, even as we cultivate deeper
self-realization through powerful practices of introspection, meditation, and acceptance of our
innate wholeness. Enjoy this nourishing and self-empowering book.--Michael Bernard
Beckwith, author of Life VisioningDr. Howard offers you, through her wisdom and book, a
chance to abandon your past and create the life you have been searching for. If youre ready to
show up for practice, the wisdom contained here can coach and direct you on your healing
journey.--Bernie Siegel, MD, author of 365 Prescriptions for the Soul Filled with meditations
and awareness-provoking exercises, this book both reassures you that your life has meaning
and then helps you align with your purpose, finding that fine balance between surrender and
guided action.--Melody Beattie, author of Codependent No More

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Romance//Blue Falls, Texas), A Cure for the Broken: A BBW Wolf-Shifter Romance (Sold to
the Alpha Book 4), Cotos Captive (Zorn Warriors) (Volume 5), Seduce Me (The Heart Series
Book 1), Kiss and Tell (The Men of T-FLAC: The Wrights, Book 2),

Your Ultimate Life Plan: How to Deeply Transform Your Everyday Editorial Reviews.
Review. Through her depth of experience as a therapist and spiritual An excerpt from Your
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happiness, wholeness, transformation, Theyll help you identify your vision for life and
empower you to create changes that last, Youll learn through your everyday experience that
self-discovery is lifes : Jennifer Howard: Books, Biography, Blog, Audiobooks Your
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