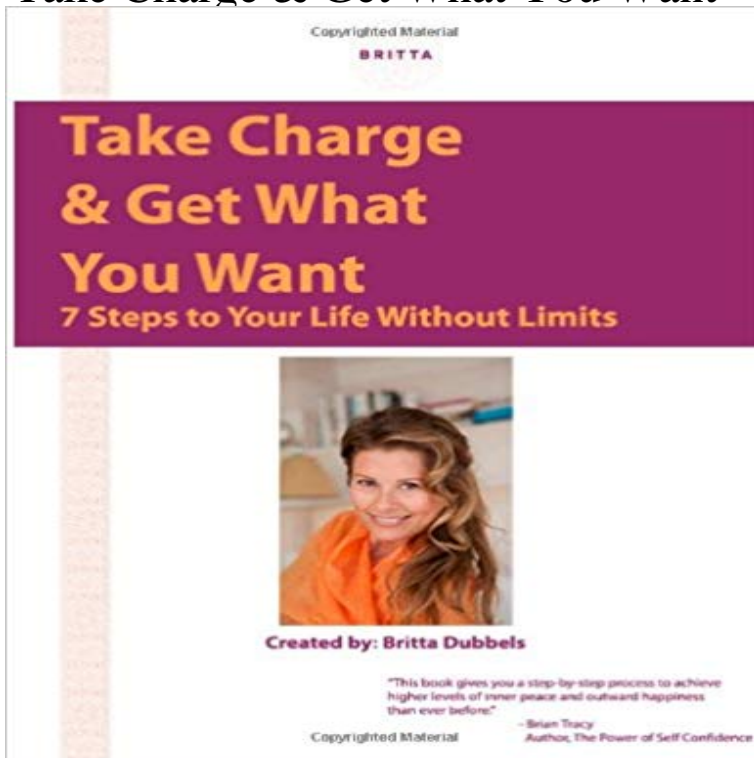


Take Charge & Get What You Want



Take Charge & Get What You Want, is an inspiring, 7-step process to unravel the negative mental programming and stressful thought patterns that so often limit us from embracing the life of our dreams. Once you learn and start to implement this series of simple techniques, you will feel authentically empowered to start making the transformative changes you may have longed for, thereby gaining delicious momentum in every area of your life! Author, energy worker and hypnosis expert Britta Dubbels has assisted hundreds of clients worldwide overcome challenges ranging from job loss, divorce, painful relationships, low self-esteem and more. Take Charge & Get What You Want, embodies more than a decade of her experience refining a process that WORKS. This book gives you a step-by-step process to achieve higher levels of inner peace and outward happiness than ever before. (Brian Tracy Author *The Power of Self Confidence*) You will learn: ** Essential, spiritual life-skills that banish repetitive, self-limiting thoughts, habits and behaviors. You CAN take charge of your mind. ** Effective techniques to stay present and aware. When you remain in the now, you are empowered to manage your mind and your reactions -- and steer life in the direction of your choosing. ** How to harness the transformative power of the conscious breath -- your bridge into change! ** How to engage and embrace your energetic power. You are energy, we are all energy and we are all energetically interconnected. ** How to use visualization exercises to create an empowered, liberated new image of yourself. This image progressively locks into your subconscious, making the new you a reality. ** The art of conscious co-creation. All positive change, growth, kind and truthful words, right and respectful action and aware response

affects the self and travels across the energetic grid into your life and the lives of the people around you. Like attracts like. Everything you do and choose matters! ** Learn to transform fear into pure energy! Harness this potent emotion to fuel your desires. Through guided imagery meditation, you will face your fears as the warrior you really are, and at last reveal the magnificent, shining light that is your authentically empowered self. As the great Rumi wrote, You were born with wings. Why prefer to crawl through life? The time for change is now. Dont hesitate. Fly.

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