



## The LifeQuake Phenomenon: How to Thrive (Not Just Survive) in Times of Personal and Global Upheaval (Paperback)

By Toni Galardi

Wheatmark, United States, 2010. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The initial signs are subtle. You're bored by activities you once enjoyed. You rely on mindless distractions like web surfing, TV, alcohol, or overeating to get you through the day. Though you sense something is fundamentally wrong, fear of change keeps you clinging to outmoded habits or worse, destructive addictions. And then the crisis hits. In *The LifeQuake Phenomenon: How to Thrive (Not Just Survive) in Times of Personal and Global Upheaval*, Dr. Toni Galardi provides the definitive road map through this rocky terrain. You will learn how to: make changes before you're forced to fluidly adapt to sudden change transform economic upheavals into fertile opportunities develop a method for preventing addiction relapse uncover your true purpose make changes before you're forced to fluidly adapt to sudden change transform economic upheavals into fertile opportunities develop a method for preventing addiction relapse uncover your true purpose With Dr. Galardi's revolutionary approach to change, *The LifeQuake Phenomenon* gives you cutting-edge tools to transform the life you have into the life you've always wanted.



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