



## The Talking Stick Diaries: Embody Your Power (Paperback)

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By Rebekah Elizabeth Gamble

Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. The Talking Stick Diaries are a series unlike any other self-help books. Embody Your Power takes you on a journey through your own psychology to do your own healing work by contemplating and completing journaling exercises. The writing prompts are designed to help you discover more about yourself and your life while assisting you to heal deeper issues that lead to struggles in your life. Embody Your Power is the first book in The Talking Stick Dairies series. It works with the readers personal power, identity, inner fire and inner strength. This book is perfect for those who have recently lost their identity due to major life changes or major crisis, or for young people looking to get to know and establish who they are. It has also been used in therapy circles and in private therapies alongside traditional counseling to help PTSD sufferers and survivors of domestic violence recover and reclaim their power to finally break the cycle of abuse and trauma replay. If you ve been looking to become who you truly are on a deep level...

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