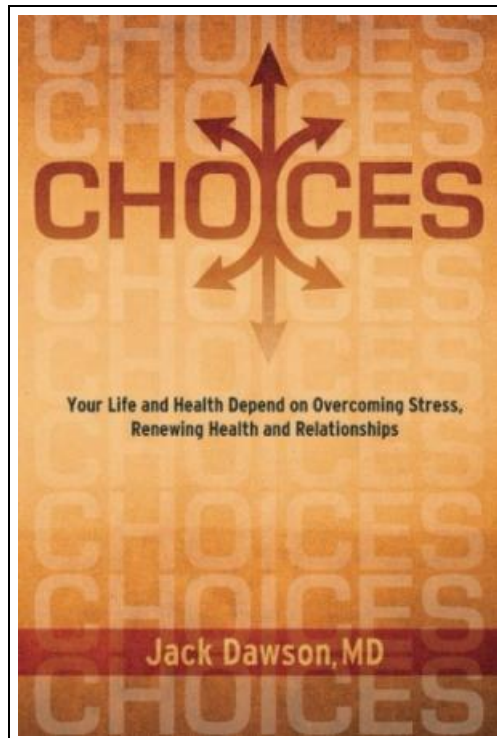


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Nightlight Publishing Incorporated. Paperback. Book Condition: New. Paperback. 268 pages. Dimensions: 9.0in. x 6.0in. x 0.6in. Every person has their own unique story that's full of personal experiences and behavior choices. With newfound evidence proving a link between chronic diseases and the impact of experience overlaying genetics, it's clear that the behavior we learn from family influences in childhood profoundly shapes behavior, choices and health in adult life. In light of these connections this groundbreaking guide by Dr. Jack Dawson is full of exploratory techniques we can use to make new choices in life. Full of insightful observations and teachings, the book shows us how to make life-changing and healthier choices that will affect change and growth while promoting better physical and emotional health. By reducing the burdens we place on ourselves and optimizing our choices, this priceless guide shows us how to enrich life by serving as a platform for change. CHOICES: Prevent Heart Attacks that Begin in Childhood Your Life and Health Depend on Overcoming Stress, Renewing Health and Relationships is a revolutionary new self-help guide that focuses on how early influences can shape behaviors, relationships, and ultimately, ourselves. Using real-life stories and exercises, this tool helps us explore ourselves perceptions and feelings and recognize how each affects us in a multitude of circumstances. By giving readers the power to be in charge of life rather than at the mercy of it, Dawson encourages us to adapt to life's ever-changing adventure. Utilizing real stories and solutions, CHOICES offers simple steps to help make a real difference in people's lives. Between healthier methods to navigate the stresses of daily life and strengthen our freedom of choice, and invaluable techniques to free us from the learned entrapments in our lives, CHOICES offers readers everywhere the true freedom to act and be...

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