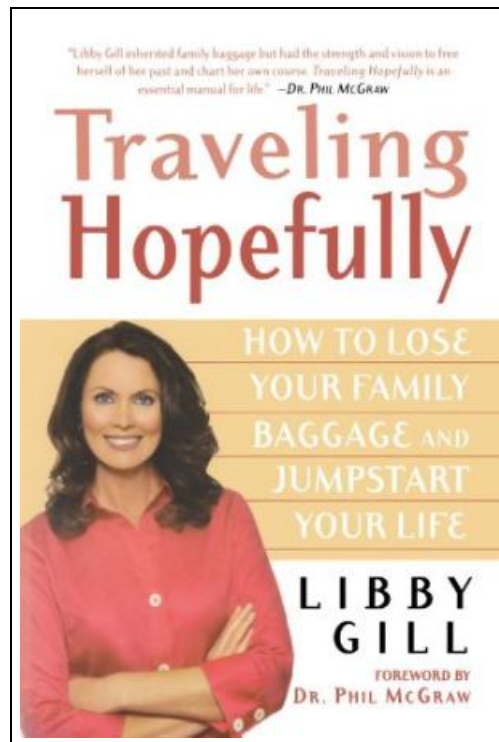


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TRAVELING HOPEFULLY: HOW TO LOSE YOUR FAMILY BAGGAGE AND JUMPSTART YOUR LIFE (PAPERBACK)

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Griffin Publishing, United States, 2005. Paperback. Condition: New. Reprint. Language: English . Brand New Book. This book is for real, because Libby is for real. states legendary strategist Dr. Phil McGraw in his foreword to TRAVELING HOPEFULLY. With courage and candor, Libby reveals the real issues of her life--molestation, suicide, and mental illness--and shares her hard-earned insights on how her tragic family legacy shaped her life in negative ways. She shifted her perspective from limiting to liberating, shedding those recurring themes and dramatically transforming her past. With a process she calls Five Steps to Jumpstart Your Life, Libby explains how others can rewrite their stories, as she did, to create more joy and fulfillment. The 21 Hopeful Tools are easy to follow exercises and examples that take the reader through a transformative process, teaching how to: *dissect the past to direct the future *link internal clarity with external action *create a Traveling Hopefully personal roadmap *choose positive Travel Companions to support and inspire you *keep moving toward what is wanted and away from what no longer serves Filled with personal stories and those of others, TRAVELING HOPEFULLY inspires change--how to become a doer rather than a dreamer.



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