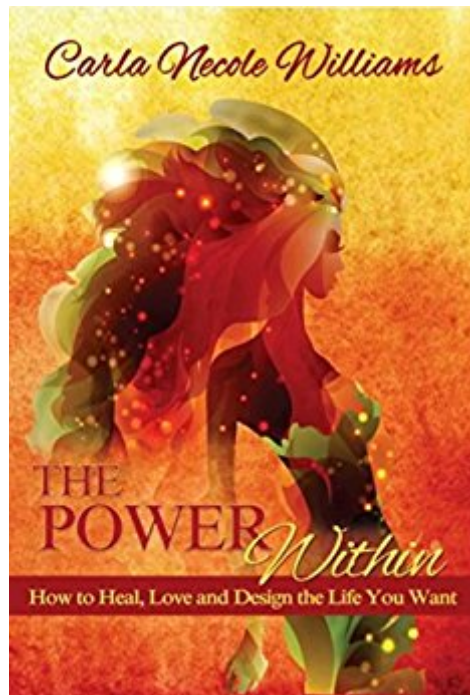




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The Power Within: How To Heal, Love And Design The Life You Want



Synopsis

Could something in your past be holding you back from living the life you deserve? Most people don't realize that their past could be holding them back. A good indicator that your past is haunting you is if you keep repeating the same behaviors that seem to sabotage your plans over and over again. If you constantly feel like something is holding you back that you just can't shake, then please allow me to introduce you to your inner child. I can assure you that any hang-ups you have in your life is because you could use some inner healing. In this book, I dig deep into the three phases that may be holding you back from mastering your destiny:

- Freeing yourself from past shackles by healing your inner child.
- Increasing your emotional intelligence by learning to love, value and appreciate yourself.
- Raising your spiritual awareness to create the life you want. Only you can heal yourself because no one is coming to save you. You no longer have to be a victim of circumstance. Let me teach you how to:

- Master your inner game.
- Attract more abundance into your life.
- Transform your money mindset.
- Design your life around the things you love.

Book Information

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Customer Reviews

Carla was my Jenny Craig consultant when I was slightly obese. She helped a lot with my emotional problems and was a big contributor to my weight loss. Reading this book felt like she was right back there with me consulting me. She has a way of making you feel that these are your problems and its ok to have these problems but this is how we improve them. She never once made me feel as if my problems didn't matter and after reading this book it made me even more grateful for her listening without interjecting going "Yeah well I was raped and grew up in an alcoholic, abusive family so grow up!" I really needed this book and I was happy I did hold off on it until the right time when I've really been dealing with emotional issues from someone I thought was a friend. It made me realize I'm worth a lot more than putting up with her negativity and bullying and to have forgiveness rather than holding onto hate because it benefits my emotional health. Thank you for writing this book! I really appreciated it.

Very few books take you through the full cycle of healing and demonstrating how to stand in your power. Carla Necole Williams does just that. Her personal stories let me know that I am not alone. It was like having my best friend around to support me in my healing.

The Power Within is an awesome book! I read the book in one day! I like that Ms. Williams was very transparent w/ her story throughout her book. I know that it isn't easy to share your story with the world! She uses her story to help others heal their inner child & become more aware of themselves. Her book helped me become more aware of things that happened in my childhood. Ms. Williams also provides a lot of nuggets that people can apply to their life. I would recommend her book to everyone!-Venus G.

Carla Necole Williams gives you a glimpse inside her world which is quite similar to what a lot of us have experienced. It is not a fake book written to gain sales. It is insightful, heartwarming, and gives you practical wisdom that you could actually use. A lot of her experiences I too have have experienced, so I know what she went through is real...she is real! I would highly recommend this book to anyone looking to use real healing and take off that bandage that hides the hurt but won't allow for true and complete healing. ~BMB~

I anticipated the launch of this book with excitement and now having read it I am still excited! This is a wonderfully written, heartfelt book containing valuable and often raw examples of how life happens. In spite of all the ups and downs it proves that with perseverance, courage and faith one can indeed manage the peaks and valleys of life. This book is simply a blessing wrapped in real life pages. I will be recommending this book to all my friends. Great Job!

Carla Necole Williams is a brilliant light and courageous seeker. Her personal story relates so closely to my own. I found her words to resonate with me through out and allowed me to converse with my inner child. From that experience I am now able to let go, forgive and clearly see my own divine purpose for a more fulfilling life.

If you dare to delve beneath the surface and heal the wounds of your past, this book is for you. Carla does an amazing job at addressing fears, disappointments and hurts that we have all experienced growing up and opens up her own life story. This book is written with compassion and love!

I have met too many women, myself included, who do not recognize their own power. Instead, they live defeated and hopeless lives. The Power Within is an excellent book to help you heal and find the inner strength that you never knew you had. I recommend this book to every woman out there!!

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