

## Read This When.: Empowering Messages for Powerless Moments



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(Jarrod Prosacco)*

## READ THIS WHEN.: EMPOWERING MESSAGES FOR POWERLESS MOMENTS



Createspace, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.HOW TO USE THIS BOOK 1.Turn to the Contents page. 2.Select the situation that is closest to how you are feeling. 3.Turn to the page designated for that situation and read the empowering message(s) in that section. 4.Let the message speak to you. Repeat as needed. Tragedies in the world, financial struggles, and personal crises can leave us feeling outraged, angry, grief-stricken, and most of all, powerless. The situations that produce these powerless moments are usually beyond our control. For example: The news delivers stories of violence, hatred, and tragedy. Murder, rioting, looting, and destruction are presented in abundance in the news and social media sources daily. There are articles proclaiming that our food and water are unsafe, tainted, or making us sick. We hear that our elected officials have voted to support organizations that are withholding information from us about the ingredients in our food or its origins. Then, we read that the pharmaceutical companies are benefitting from creating drugs for treating symptoms instead of finding cures. Fear, frustration, and mistrust pervade our lives all the time. Work life can be another source of powerless feelings, as we juggle office politics, money struggles, and trying to please everyone while striving for work-life balance. Home life can also be overwhelming, overloaded with responsibilities, expectations, demands, children, teens, hormones, drama, arguments, enforcing rules, and trying to find time for ourselves. People can be mean. People can be thoughtless, condescending, rude, selfish, and insensitive. We can too. And then we feel crappy about it. People we love get sick, have accidents, and sometimes die. Or we get sick, have accidents, and might die sooner than we had expected. It seems...



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