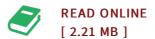




# The LifeQuake Phenomenon: How to Thrive (Not Just Survive) in Times of Personal and Global Upheaval (Paperback)

By Toni Galardi

Wheatmark, United States, 2010. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. The initial signs are subtle. You re bored by activities you once enjoyed. You rely on mindless distractions like web surfing, TV, alcohol, or overeating to get you through the day. Though you sense something is fundamentally wrong, fear of change keeps you clinging to outmoded habits or worse, destructive addictions. And then the crisis hits. In The LifeQuake Phenomenon: How to Thrive (Not Just Survive) in Times of Personal and Global Upheaval, Dr. Toni Galardi provides the definitive road map through this rocky terrain. You will learn how to: make changes before you re forced to fluidly adapt to sudden change transform economic upheavals into fertile opportunities develop a method for preventing addiction relapse uncover your true purpose make changes before you re forced to fluidly adapt to sudden change transform economic upheavals into fertile opportunities develop a method for preventing addiction relapse uncover your true purpose With Dr. Galardi s revolutionary approach to change, The LifeQuake Phenomenon gives you cutting-edge tools to transform the life you have into the life you ve always wanted.



#### Reviews

Undoubtedly, this is the best work by any author. It is really simplified but shocks within the 50 % in the publication. Its been written in an extremely straightforward way and is particularly just following i finished reading this publication by which basically altered me, modify the way in my opinion.

-- Vivianne Dietrich

This book is indeed gripping and fascinating. It normally is not going to price a lot of. I am very easily will get a delight of reading a created pdf.

-- Albertha Cartwright

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