



Get Your POWER On!

A Woman's Guide
to Becoming
Confident and
Effective in
Business, Life
and Relationships

Nancy Jonker, PhD

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Perhaps you have power in your work life because your function or title demands it but find it challenging to be your strong self at home. Don't you long to be able to stand your ground in any challenging situation? Increasing self-confidence and letting go of self-doubt is not just a matter of the mind! We can actually use our bodies to shift our thinking, transformation our attitudes, and foster greater poise and self-assurance. This book will support you in examining the attitudes that keep you from owning your full power and help you discover how your individual life story got you where you are today. Boost your energy for life, express yourself with confidence, gain financial independence, and learn romantic relationship strategies that strengthen your connections with others. It maintains wishing for greater effectiveness— Maybe you function at full capacity in the home, but experience out of sync and insecure in the workplace. This conversational and practical book, compiled by Nancy Jonker, PhD, is chock-full of mind/body strategies that help you develop self-awareness and inner wisdom, so you can grasp the art of presence and expand into your fullest capacity. Perform your dream of living with more confidence? help you? Maybe you dream about being truly a strong, independent woman, but don't download and browse this book, do the exercises, and get started on a new path of confidence and success. Or maybe you are already a strong, independent woman but experience alone and exhausted from the attempts of looking ideal. Are you ready to say YES to far better living? In this practical information, you will learn: - Advantages of having personal power—what it really is and just why you want more of it- Five beliefs that undermine self-confidence and how to invert these beliefs into ideas that serve you- Three core skills would have to be able to "keep your have" in any situation along with real-world strategies for developing these abilities- My POWER method of actionable techniques for putting everything together You're likely to hear Nancy's tale of how she realized her lack of personal power—and the actions she had taken to change from a "wanna be" powerful woman to a female exuding genuine competence, compassion and strength. Perform you envy those that can speak their thoughts without concern with repercussions? How can Get Your POWER On! It understands how to get there.



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Jonker packs in a significant amount of information to assist us in examining why we do not personal our full power and provides tools that help us function toward that place. Power as a confident thing for women Power is a dirty term for females for a long period. Forget about getting started the brand new Year at the gym...instead, grab this book and read!essentially to live into your strengths. 'Get Your Power On' brings insight, empowerment and alleviation! Jonker, your readers will feel your spirit and enthusiasm for your subject matter leap from the book to their own lives! Invest in yourself! Her good examples helped determine where I'm settling for less and gave expect being the greatest I could be for myself and others. She provides easy steps and solutions that can be practiced toward having a far more empowered, satisfying existence. I plan to follow her formula as I really believe it will make a difference and enable me to attain my goals. I recommend reading it with a few close friends, discuss collectively where it pertains to your daily life and encourage each other to walk in your own empowerment. That's what I'll do! She has managed to get very easy. The writer details the origination of adverse self-perceptions and describes ways we choose to give away power - often in ways we don't acknowledge or may not realize there exists a choice. Chapter Nine recaps the whole book in a single succinct chapter. Over the years, I have read plenty of self help books, but "Get Your Power On" caused a few light bulbs to go off for me. I felt this publication was written for me personally as a woman who wants to be more confident and more successful in both my professional and personal existence. The good component is that I will have a roadmap and a new strategy to boost my personal power that may guide me to create needed changes. Nancy Jonker shares her own personal experiences, and also those of women she has worked with, to create a book that is practical in addition to an easy go through. I guess I didn't recognize that now there are tangible techniques you can improve your self-confidence and personal power. I adored chapter four entitled - Building the Bridge Between Mind and Heart. And I'll hit the fitness center. The book also includes a companion workbook that you can even download. You will also get access to MP3 recordings which are very helpful audio exercises. Just what a great value bundle! This is actually the sort of book any young woman needs and will be ideal for those older as well.This book is easy to learn, insightful and fast moving. Enjoyed THIS ORIGINAL, Whole-Person TAKE ON Power The author writes beneath the notion that you can use Power as a way to fully unlock who you are. The Power Formula in chapter 8 helped me to comprehend how to become more empowered. She looks at a much deeper look at of power than I've observed in various other books. That was the biggest learning for me from this reserve. I liked that this book is not a really long read to get to those juicy nuggets of inspiration.My favorite part is that she incorporates strengths in to the combine. She advocates for StrengthsFinder and additional assessments. Then to use

those to expand into your strengths. Full disclosure, I really do strengths-based advancement for a living, so I'm keen on this philosophy. The author offers an excellent nuance. Some people tell you to expand the power itself, she offers a way for you yourself to expand YOU.. Getting My Power ON! Working on the inside provides the energy to focus on the outside. Great reserve to start your brand-new year with Wow! I really like this book and will read it again! I think the most riveting instant for me in the book was once the author narrates a predicament which she has brands as 'frozen' in the book. Jonker has written an extremely useful and insightful book--one that I plan to use in my own therapy practice, and as a bonus, she has also written an extremely useful companion workbook. Although frozen scenario described in the publication isn't the gravest of situations, the author put plenty of thought behind it and decided to really empower herself. I love there are stories to show examples of the 7 measurements of power (and her power formulation as well).This book is a superb tool for ladies who have a desire to be strong and successful. Nancy provides many cases research of her clients and through those instances studies it is possible to easily determine your weaknesses. Then just follow the assistance given in the publication. :-) I simply ordered this reserve and I know this author . Excellent book for the girl that wants even more power while maintaining her femininity! This book is indeed well-written and informative that I read it in one day! It includes a free of charge downloadable workbook at the author's website.Nancy Junker is quite passionate and has done all of the work by creating a Power Method that will help me reach my goals. The exercises were useful in reading my own body language. Every day time I do the high power poses she discusses in chapter six. The chapter on boundaries helped me to understand my boundary design. She focuses on power from the within and out. Essential read for all females who desire to be successful. that is one power packed book. Power Packed Refreshing and enlightening reserve. I've attended many workshops throughout my profession where I have not received as much compelling information regarding how to increase self confidence as I have from reading "Obtain Your Power On. Five Stars Amazing.Be kind to yourself and browse this book as your New Year's resolution!The free downloadable companion workbook and audio exercises were greatly beneficial in assisting me understand more about myself and what I could do to conquer my goals. The author has years of personal and professional knowledge and it shines through in her work.become more! I have got a few similar circumstances in my lifestyle when I was frozen but I under no circumstances analyzed the situation after it had been over. The book itself is an interesting and easy read--chock filled with principles that resonate with anyone who would like to enhance their capacity to "personal" their personal worthy of. The workbook extends the usefulness of the reserve into applicable lessons and opportunities to use the information in extremely personal ways. Cheers

for you, Dr. Packed with many "oh my gosh, that's me" moments, this book helped determine the cause of stuck and trapped emotions in my life. Wow! I love how this reserve reclaims what personal power is about, and then tells women what it takes to get it within their life. I never had a casino game plan before reading this book. A great way to start the new year. The publication makes me believe that self-confidence and personal power are tangible issues and it is absolutely possible to improve on them... I just ordered this reserve and I know this writer personally and have seen her develop and change - can't wait around to read it because I'd like what she has. Five Stars This is a wonderful book for any woman who wants to get more, have more... Dr. Five Stars Awesome book. I would recommend it !"Dr. This book is crucial read for women. For any woman attempting to grow into her personal power, this publication is a must. Wonderfully Useful Book and Companion Workbook! useful., realistic, grounded and compassionate assistance in all regions of life. We am very excited to start the brand new season with this high quality guide in my own tool box. Highly recommended I love this book! Nancy's reserve is a satisfaction to read and filled with good solid info. A must-read! I specifically like her anecdotes that assist me understand the concepts she's teaching. Very empowering! She offers practical suggestions and wise suggestions to consider harness the power within yourself.. What can I mention? After reading Get Your Power On, I am prepared to do that. The workbook is effective as a self-reflection tool.



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