



## The Many Parts of You: Understanding the Puzzle of Your Behaviour (Paperback)

By Jan Sky

Balboa Press, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Clarity ; Jan s book and her unique skills can be summed in that single word; Clarity. Jan s ability to help her clients, her friends and now with this book her readers, comes from her innate understanding of how to help us identify and remove blocks, both emotional and intellectual, to clear thinking, giving us the momentum to move forward, toward our goals. Jack Fraenkel Chief Motivational Officer, Motivatories Jan took me on a journey into myself and showed me how I make decisions. Since returning from that journey my understanding of myself has made even harder choices much easier. Gary Roberts Chief Engineer, Leading Sydney Hotel The implications in one s professional and personal life are huge. Reactionary? Proactionary? Knowing what ego states one has means freedom of choice of behaviour and emotions. Lyn MacIntosh Counsellor, Clinical Hypnotherapist, NLP Master Practitioner. With the Many Parts of You Jan Sky has opened the door to a simple and effective way to dealing with our own blocks to achieving what we want from life. Jan s style and ease of writing...



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