



## Empowering You and Your Family

By Helen Brougham

Empowering You and Your Family. Paperback. Book Condition: New. Paperback. 174 pages. Dimensions: 9.0in. x 6.0in. x 0.4in. How many times have you felt concerned about what other people think about you? Do you struggle with feelings of fear, stress and being overwhelmed inside? Empowering You and Your Family will show you how to reclaim your life your way. For 21 years, author Helen Brougham has been a remedial and pregnancy massage practitioner, and a coach to success trainer at her practice in Adelaide, South Australia. With a compassionate and down to earth approach, Helen shows you how to reclaim yourself, your life and your family connections, gaining personal mastery, freedom and fulfillment. This book is for all who want their families choices to be empowered and connected, loving and loved. While directed principally at mums, the information within can help all parents children, grandparents and extended family gain the courage, persistence and commitment to create the dream that gets families together. It is like a loving voice in your head that will show you the way home and create the results you desire. Discover how to have your relationships flow the way you want. We are all here to make...



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