



## Changing Lives: Achieving Your Untapped Potential

By Michael Giudicissi

Robert D. Reed Publishers. Paperback. Book Condition: new. BRAND NEW, Changing Lives: Achieving Your Untapped Potential, Michael Giudicissi, "Changing Lives: Achieving Your Untapped Potential" is the ultimate book on human performance and the power of the mind and spirit to change the world. Written in a series of powerful short strokes, this book will hit you like cold water and wake you up to the fact that life is pure opportunity. "Changing Lives" offers the possibility of joyful evolution: deliberate changes in the body and mind that are undertaken not because something is wrong, but because there is joy in change and growth. Above all, the author stresses the need to take responsibility for your life. No victim consciousness allowed here. Readers are advised to assess the three primary aspects of life: personal, relationship, and career to determine whether they are in balance and, if not, begin to create goals that will bring them into balance.



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