

THE POWER OF YOU!

Scott Martineau

Book Description

"The field of self-development has evolved over time into a relatively complex area filled with information that, in many cases, creates more confusion than understanding. Rising above the morass is *The Power of YOU!* It's a brilliant, practical work that combines all the necessary tools and techniques sorely needed for real success in today's modern world. This is a book that needs to be on everyone's bookshelf!"

-John Harricharan, author, *The Power Pause*

"As a practicing spiritual teacher for over thirty-two years, I've spent most of my life helping people realize that we're all spiritual beings endowed with six, not five senses. *The Power of YOU!* teaches us exactly how we can utilize all of our senses to create sustainable positive change in our lives."

-Sonia Choquette, author, *Trust Your Vibes*

"Martineau is in the vanguard of a new era of personal and business development. His book, *The Power of YOU!* shows how to begin creating sustainable change, live a blended lifestyle, and enjoy a meaningful, purposeful life right now."

-Arleah and Morrie Shechtman, authors, *Love in the Present Tense and Working Without a Net*

"As founder of one of the largest self-improvement Web sites, *SelfGrowth.com*, I've reviewed many personal growth programs and books. *The Power of YOU!* is truly unique in that it provides an exact blueprint for the creation of happiness, balance, and wealth."

-David Riklan, President and founder, *SelfGrowth.com*

"*The Power of YOU!* is a must-read for anyone serious about personal development. Martineau delivers compelling insights with his unique concept, 'The Conscious Triangle'."

-Christopher Howard, bestselling author, *Turning Passions into Profits*

"*The Power of YOU!* is a brilliant book that will help readers discover and capitalize on their specific strengths. This superb book gives you a powerful and accurate way to find the ultimate path to balance, happiness, and wealth."

-Dr. Ava Cadell, media therapist/love and relationship specialist

"*The Power of YOU!* is a unique, important, and significant contribution to personal empowerment. Martineau is a man of integrity, creativity, and vision, and it shows in this work."

-Arthur Joseph, author, *Vocal Power*

"Working closely with over 10,000 business leaders in 100 nations who are dealing with serious challenges every day, I found *The Power of YOU!* to be an excellent source of guidance and inspiration. If you're a leader of any organization, don't miss the chapter on the blended lifestyle; it's a must-read."

-Alexander L. Cappello, former international chairman, Young Presidents Organization

From the Inside Flap

True fulfillment in life doesn't come solely from success at the office or happiness at home; it comes from both. What if there was a way for you to balance the pressures and demands of work against the needs of your personal life-while simultaneously increasing your success at living and working? There is a way, and *The Power of You!* is it.

Scott Martineau shows that real, sustainable happiness and personal growth can only come about when you do powerful inner work, challenging old beliefs, habits, and patterns that no longer serve you. *The Power of You!* addresses the needs of today's busy professionals with tools, techniques, skills, and a philosophy that does away with short-term fixes and cheap emotional highs. Together, these tools and tactics provide a comprehensive guide to ultimate balance, happiness, and wealth for anyone who wants to understand what it takes to succeed and be happy in the twenty-first century.

The Power of You! is a self-help book like no other. In addition to its practical applications, it's packed with inspirational and practical advice from renowned contributors like Dr. Nathaniel Branden, Arthur Joseph, Joe Vitale, and Jack Canfield. You'll not only have the tools and guidance you need to improve your life, but you'll also find here all the inspiration and motivation you need to get started now.

The first step to lasting personal change is consciousness. This is not the fuzzy spiritual consciousness one finds in most self-help books, but the practical, honest self-awareness that sets the stage for long-term improvement. Only through honest self-evaluation can real, lasting personal change occur. Whereas most self-help books present a vision of personal growth based on short-term changes, *The Power of You!* shows you how to create sustainable long-term change utilizing tools and knowledge not found anywhere else.

If you want to achieve the highest possible level of balance, happiness, and success, *The Power of You!* paves the way and shows you how to start your journey-today.