



Unleashing Your Authentic Power: Resistance-Free Living

Jim Britt

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Happiness is the most sought-after commodity in the world, and people are willing to do just about anything to get it. But, after walking on hot coals, following gurus, making lists, learning in their sleep, and reading every book ever written on self-improvement, most people are still stuck in the same self-defeating patterns they were in before.

Now there's hope. Workshop facilitator and author Jim Britt has helped thousands of people achieve happiness and fulfillment in their lives by teaching them how to use their inherent authentic power to attract what they desire.

Britt reveals how most people allow daily dramas-relationship dramas, health dramas, work dramas, and spiritual dramas-to get in the way of achieving happiness. While a desire for success and happiness inspires them to move forward, these negative emotions and nonproductive behaviors hold them back. In *Unleashing Your Authentic Power*, readers will learn how to break out of this pendulum of negativity by letting go of the fears and false thinking that causes them pain.

They will learn how to create a new vision of happiness; how to live with "high action and low attachment;" how to exist in a state of resourcefulness; and how to move away from the painful past and live in a present full of love toward a future ripe with possibility.

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