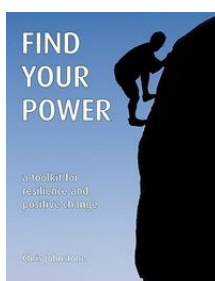


FIND YOUR POWER: A TOOLKIT FOR RESILIENCE AND POSITIVE CHANGE

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Author	Chris Johnstone
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Reader's Opinions

Don't judge this book by its cover (which I dislike), this is a practical and far-reaching resource for self-improvement and self-empowerment. I especially was struck by the linkages between Johnstone's work with clients seeking to overcome substance addictions, and the challenges that we face as a culture in changing our unsustainable...