

# The Family That Healed Together

Their process for life-transforming breakthroughs  
and harnessing the power within



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Gracey and six women in her family were determined to confront and resolve some of the biggest issues in their lives—from domestic violence and self-esteem issues to career stagnation and turning a failing marriage around. For Mother’s Day, the cousins each set a specific life-changing goal and promised to support each other through a process of empowerment, growth, healing, and transformation. The family’s results were extraordinary. Working together to change their lives for the better, “each of us had a revelation,” says Gracey. “It was a huge accomplishment that each of us, by the end of the year, reached our goal.” And the family has never been closer.

*“I decided to make a resolution instead of just (gripping) about my problems.”*

## Something About Gracey Had Changed



Unlike her cousins, Gracey wasn’t complaining about her life every week during the family’s Sunday get-togethers via instant messaging and video. Her cousins wanted to know what was going on. “I decided to make a resolution instead of just (gripping) about my problems,” Gracey said. Months earlier, after starting a new job, Gracey had come across something that significantly changed her life—*The Inner Power Workbook: for Life Transforming Breakthroughs and Harnessing the Power Within*. “The book intrigued me,” Gracey recalled. A 43-year old mother and divorcee living in New York City, Gracey had been disappointed with herself for having left so many important goals on the back burner for so many years. The book not only reminded her of what a go-getter she used to be, but also gave her a way to reclaim it. She used the workbook’s holistic exercises, master keys and techniques to arrest the fears, doubts, and insecurities that made her put her life on hold for so long.

Inspired by Gracey’s initial breakthroughs, yet reluctant to make their own, Gracey’s family continued their pattern of complaining about their lives and asking Gracey for advice about their problems. “There was a part of me that was upset about that,” says Gracey. “I’m always afraid to give people advice because I’m so bad at taking it myself. What I did have to offer was a suggestion: Here’s what I’m doing to better myself and I think you should. The book worked for me. It’ll work for you.” Seeing that her cousins were still reluctant to take initiative, Gracey, along with her sister Sierra, came up with an idea. “Anytime I give them a book,” says Gracey, “they always read it. So my sister and I decided to make them Mother’s Day gift baskets with the *Inner Power Workbook* as the center piece.”

*“I asked them to have one big goal.  
No sissy stuff.”*

## Confronting The Wall

The arrival of the baskets touched a nerve with the other family members at first and sparked a heated debate during the women’s Sunday get-together. “Nobody wants to admit their faults,” Gracey explains. “Nobody wants to admit that they have issues and that they need a book like this.” But what got the family members beyond their wall of stubbornness, denial, and excuses was Gracey’s reminder that she had already made progress in her life using *The Inner Power Workbook*. She challenged her cousins to do the same. “That’s what got them going,” Gracey adds, “the challenge of it all. We’re very competitive. I asked them to have one big goal. No sissy stuff.”

*“After we got through the hostility...we were each able to say, ‘Okay, maybe those are good goals for me’...”*

## Setting A Breakthrough Goal

The family members who had received the workbook for Mother’s Day were the ones that Gracey and sister Sierra agreed had the most serious issues in the family. Setting the one big breakthrough goal that could transform their lives from the inside out was not easy. The Sunday conversation once again erupted into a heated debate as the women began pointing out each other’s weaknesses and proposing suitable goals. “After we got through the hostility,” notes Gracey, “we were each able to say, ‘Okay, maybe those are good goals for me.’ Because in the end we know we love each other. So then I threw it out there for all of us to meet our goals by the end of the year. That really got them motivated! They each wanted to be the first one to reach their goal.”

- **Gracey, 43**, realized that her big issue was allowing herself to be bullied and dumped on both personally and professionally. Her goal was to stop playing the victim in her life.
- **Sierra, 47**, faced eviction with her three children and her out-of-work husband who recently had been diagnosed with cancer. The family pointed out that she was giving up without a fight. Her goal was to renew her faith and get out of dire straits.

- **Regine**, 33, the “Lolita” of the family was forced to look at her relationship issues as well as her risky and compulsive sexual behavior. Her goal was to understand her “sex thing” and get herself under control.
- **Mercedes**, 36, a life-long victim of domestic violence only got out of relationships when she was at the point of almost being killed. Her goal was to break free—for good.
- **Janelle**, 41, the eternal pessimist, was unmotivated, had self-esteem issues, and didn’t think she was a good person. She wanted to be stronger, happier, and feel good about life.
- **Erin**, 37, complained for years about how miserable she was as a cleaning lady. Her goal was to finally do something about it.
- **Courtney**, 34, had to accept that being a “control freak” had alienated her husband and the rest of her family. She wanted to deal with her control issues and improve her relationships.

*“If one of us was falling back, we reminded each other what our goal was.”*

## Keeping The Momentum



The family’s regular Sunday talks became less frequent due to numerous family emergencies and other problems that interfered with their schedules and pulled them away from their goals. Concerned that they wouldn’t get back on track, the women decided to start a telephone buddy system. Every other week, the first buddy in the chain would call the second buddy to check in on her progress. The second buddy would check in on the third buddy and so on. “If one of us was falling back, we reminded each other what our goal was,” Gracey explains. “Fortunately, that didn’t happen too often. We wanted to make sure that at the end of the year there wouldn’t be a no-show, somebody who didn’t do it, or somebody who needed moral support and we didn’t give it.” The family’s commitment to their goals and to each other paid off.

## Reaching Their Goals



### **Courtney Releases Control**

Courtney was the first of the seven to reach her goal, which was to deal with her control issues.

“I was on the bus when she called me,” Gracey remembers. “Courtney and her husband had been at the point of breaking up. I really wanted her to read this book because those two were so made for each other. The only problem they had was, even if she was wrong, he had to admit she was right.” Courtney was the kind of person who didn’t believe in psychology and thought that “talk therapy is just you lacking friends.” But working through *The Inner Power Workbook*, she had a revelation. She realized how her treatment of others affected them emotionally. “She takes steps back now,” says Gracey, “and she’s getting along a lot better with her husband. Courtney admitted that she’s less stressed now that she lets people control their own stuff. She’s changed a lot.”

*“I’m a grown woman, I’m intelligent, I have good qualities, and I don’t deserve to be crapped on. I took a stand and said ‘No more.’”*

### **Gracey Takes a Stand**

Gracey had also made a breakthrough. “I realized that I had stop putting up boundaries,” Gracey says about her victim issues. “I would take whatever people threw at me and then just walk away once I couldn’t take anymore. But I didn’t let it go. The huge revelation was that it followed me everywhere because I didn’t put a stop to it. The revelation came when I got really sick with the flu and wasn’t getting better. For three months I couldn’t shake it.” Gracey started to review the things she had written while going through the workbook and made an important connection. “In my journal, almost every other paragraph mentioned that I felt things festering. That was my revelation. I was telling myself what the problem was. I didn’t want to take crap from people anymore. I’m a grown woman, I’m intelligent, I have good qualities, and I don’t deserve to be crapped on. I took a stand and said ‘No more.’ I stand up now and say if I don’t like this or that and then I leave it for other person to decide to walk away or treat me fairly. And a lot of people walked away. I realized that I had feared that. I feared the loneliness. There was a part of me that rather suffer the bullies than have no one. I remember thinking, wow, this book is really powerful. *The Inner Power Workbook* helped me because if I hadn’t looked at my life at such a minute level, I don’t think I would’ve gotten this far.”

### **Regine Takes Responsibility**

Courtney was excited about Gracey’s breakthrough and began calling other family members to spread the news. She reached out to Regine whose risky sexual behavior had already resulted in six children with six different men. As Regine examined herself using the workbook’s unique transformational process, the things she wrote about herself helped her to see how her behavior affected her. She also saw the long-term damage it could cause if she didn’t stop. “She wanted to take responsibility for herself but she really didn’t know how,” says Gracey. Regine reported to her cousins that she had started therapy to explore her issues with sex. She had taken a level of responsibility that no one in the family would have anticipated—yet everyone admired.

*“The rest of us in the group promised we wouldn’t be (critical). We’d hear her out without the usual ‘when-will-you-learn?’ attitude. And she did it. She actually did it!”*

### **Mercedes Makes a Clean Break**

The big change in Mercedes’ life was that she had gotten rid of her abusive husband. “Her goal was to make this relationship the one she’d broke off cleanly and still feel good about herself,” says Gracey. “She was always terrified that she would never be able to raise the kids on her own. And we had been very critical of her in the past.” As Mercedes worked through her process with **The Inner Power Workbook**, “the rest of us in the group promised we wouldn’t be (critical). We’d hear her out without the usual ‘when-will-you-learn?’ attitude. And she did it. She actually did it! It was a few days before Christmas when she called. She had not only finally gotten him out of her life, she had moved to a really nice place with the kids. And she had decided she wasn’t going to hunt him down for child support because she really didn’t need the money. And that’s one of the things we talked about. ‘Are you going to pursue him for vengeance or are you going make a clean break?’ That was hard. You know how family is, ‘He should be paying for this and you should be doing that.’ But this guy needed to be out of their lives completely. So hooray for her. That was the main goal for her. I was very proud of Mercedes because she saw her pattern for herself. She is a product of abuse from her father, and she had to come to terms with that. She had to come to terms with the fact that (abuse is) not okay, and that not every man does that. She’s had other changes since then,” Gracey adds. “She sent me a Christmas card for the first time ever with a picture of her and the kids on it. She’s wearing makeup and looking gorgeous. Her hair is a different color. She has time to call and say happy birthday. And when I talk to her on the phone, it’s like I’m talking to somebody else. She’s happy.”

*“People who have self-esteem issues don’t feel good about themselves. Erin didn’t feel good about life.”*

### **Erin’s Big Promotion**

Erin lived day-to-day. She was unhappy with her cleaning job but had resigned herself to it. “It wasn’t so much that she didn’t believe she could do something different,” Gracey explains, “but she just made so many excuses. She didn’t give herself the chance. People who have self-esteem issues don’t feel good about themselves. Erin didn’t feel good about life.” As a result of using **The Inner Power Workbook**, “she started to say to herself, ‘I do deserve better’, Gracey remembers. “She started thinking about her future.” How was she going to support herself as

she got older? Would she have a pension? Erin went to a job expo with a friend. One of the companies there approached her and complimented her on what a great people person she was. “That made her think,” Gracey notes. Why couldn’t she have a job working with people? So she started going to the unemployment office to search for jobs. She called one company but didn’t have the qualifications for the position she was interested in. “It just so happened that a branch of the company in Georgia was looking for entry-level people,” Gracey adds. “Erin thought about it for a minute and, very unlike her, decided ‘I’m going to do it. What’s the worst that can happen? If I don’t like it I can just come back.’ And she loves it!”

*“She stood up for herself. That was a big moment not only for her but for the whole family.”*

### **Janelle Gets Stronger**

“I used to call Janelle, ‘Eeyore,’” says Gracey. “The donkey from Winnie the Pooh...that’s her. She was a little bit of a struggle. She was the one who used to email me a lot, ‘how do I do this? I can’t do that.’ I was trying to get her to meditate. She couldn’t even do a minute. What ***The Inner Power Workbook*** did for Janelle...she said that certain things written in the book talked about strengthening yourself. And that’s what got her through. She had to believe that she was a better person.” One of the cousins got her a Pilates DVD. She enjoyed it, kept it up, and even said she found it relaxing. She started to meditate. “Her life has changed in good ways,” Gracey adds. “Janelle and Courtney are sisters and didn’t get along.” Courtney would bully her. One day while Courtney was putting her down in front of some other family members, Janelle stood up to her sister telling her, “I’m a much better person than you think.” The family members who were present applauded her. “She stood up for herself,” says Gracey. “That was a big moment not only for her but for the whole family.”

*“Sierra was devastated and she lacked faith. I didn’t know how to help her.”*

### **Sierra Saves Her Home**

Sierra helped her sister Gracey to put together the special Mother’s Day baskets that went out to the cousins, but she didn’t have time to do the ***The Inner Power Workbook*** herself. “But I knew she needed the help,” says Gracey. Sierra’s husband had cancer last year and was out of work for a long time. By the end of the year, they hadn’t paid rent for three months. They were going to get evicted. “Sierra was devastated and she lacked faith,” says Gracey. Sierra had given up and was already packing to move out. “I didn’t know how to help her. So I kept talking to her, I kept reading parts of the book to her.” There were master keys in the book that spoke directly to feeling defeated and ready to give up. “One of the things I wanted to teach her is that I really do believe that if I believe in something 100 percent, it will happen. I’m living proof; if you go to



my doctor, I should have died years ago (of cancer). I wanted Sierra to have faith that she would not be kicked out.” The two sisters started calling around in search of rent assistance programs. “Everywhere we called had already run out of money a long time ago. But Sierra had an epiphany. She called me and said, ‘I don’t know. I keep thinking about the House of Hope’ (the first place the sisters called). Sierra’s husband, Mr. Negative, discouraged her, saying, ‘Why set yourself up? They already said no grants.’ I, on the other hand read Sierra the master key (#43) from the book again. I said to her, ‘When you call, don’t call asking if they have it; call like you know they got it.’ She did it. House of Hope had gotten funding and had a long list of people. I don’t know how because I don’t care but, within five days from when I began reading the book to Sierra and talking to her through her hysterics, they gave her a voucher for her three months rent. She received the voucher Saturday and her court date was that following Monday. Sierra didn’t have goals per se written down like the rest of us, but having (the book) read to her and having certain things hit home, made her have internal goals. The goal was to rebuild her faith.” **The Inner Power Workbook** inspired Sierra to go back to the roots of the spiritual faith and practices that she had abandoned, and use them to transform her situation.

*“...it forced me to say, ‘what’s more important, being right, or being loved?’  
...that’s what it came down to.”*

## Strengthening the Family Bond

In addition to the cousins’ personal revelations and breakthroughs, the experience of supporting each other in their growth process had a positive effect on their relationships with each other as a family. “My sister Nina and I weren’t speaking for a year,” Gracey admits. Until a year ago, Gracey had been living with Nina and their mother. “We had a huge falling out and I moved out. Doing **The Inner Power Workbook** gave me such growth that we bonded. And because we bonded, we were able to get my mother to have major surgery that she never would’ve gotten if we hadn’t been able to talk her into it together. And for New Years, we got to see our mother (who has Parkinson’s disease) do something that she hadn’t done in 10 years. We got to see her walk. We are still to this day talking almost daily. That’s the part I really wanted to share. What this book did was it forced me to say, ‘what’s more important, being right, or being loved?’ And with my sister, she’s very strong-willed, that’s what it came down to. I realized I was choosing wrong. And even though my goal wasn’t my relationship with her, the book makes you look at all aspects of your life. My cousins say the same thing for their issues. With one cousin, it helped her to relate better with her son. One thing the book does is force you to see yourself. You can’t turn the page and not see whether you progressed or not. And you can see why you did or why you didn’t.

*“You had to judge yourself, only to realize that you don’t have to judge yourself because you can change yourself.”*

“There is a difference we all recognize,” says Gracey. “We’re not so judgmental of each other. We’re much quicker instead to say, ‘work in progress.’ What I liked, and what the girls liked about this book is that it didn’t judge you. You had to judge yourself, only to realize that you don’t have to judge yourself because you can change yourself. I know that I developed the ability to look within myself without shame, anger, or resentment. I know that my cousins were able just to look within themselves. Just that alone was a great feat.”

## From the Author - Antonia M, PhD

*The Family that Healed Together* is a true story. While their names have been changed to protect their identities, the family's journey of growth, healing, and transformation is authentic. Gracey’s family experienced an incredible metamorphosis—a common experience for people who use ***The Inner Power Workbook*** to help them reach their personal, professional, or spiritual goals. This is because of the unique process and techniques, including the Inner Power Mapping technique that the book takes the reader through. The exercises, master keys, and techniques in the book not only motivate but also help to pinpoint what’s keeping you from moving forward; how you may be sabotaging yourself; and the way to bridge the gap between where you are and where you want to be.

I hope you were inspired by the way members of this family supported each other to reclaim their personal power and to change their lives for the better. Use their example to bring about healing, growth and transformation within your own family. Whether you give it as a gift, as Gracey did with her family (including to members who may be incarcerated or in recovery), or whether family members chip in to order books together, ***The Inner Power Workbook*** is a unique and powerful way to engage and connect with yourself and your family.

You’ve already learned what this workbook has done for Gracey and her family. I invite you to find out what ***The Inner Power Workbook*** can do for you or yours. Set your one big goal (no sissy stuff!) and order the workbook online at [www.InnerPowerWorkbook.com](http://www.InnerPowerWorkbook.com).

## Create Your Own Success Story



Gracey achieved powerful results on her own by working with the *Inner Power Workbook: for Life-Transforming Breakthroughs and Harnessing the Power Within*. She magnified those results for everyone when she turned transformation into a group project. By working together, Gracey's family members were finally able to reach, within a few short weeks, the "big" goals that they had struggled with for many years. By using Gracey's success as a blueprint and duplicating her strategy, you too can inspire and create incredible growth and transformation for yourself and within your own family, team, or mastermind group. Just follow these simple steps:

### Step 1:

Use the *Inner Power Workbook* for yourself. The transformation that Gracey was able to achieve on her own eventually served as inspiration and motivation for her family.

### Step 2:

For family/group transformation, select the people that you want to include in the process. Introduce them to the book and to the opportunity to change their lives. Share your personal growth story and/or share the stories from this e-book with the people you want to invite into process. Gracey picked the people that she thought needed to grow the most, and shared what worked for her, which was the workbook.

### Step 3:

Enlist the help of one of your family/group members to help to officially get the ball rolling. Gracey got help from her sister to make and give out holiday gift baskets containing the *Inner Power Workbook*. Do something similar or consider having a special brunch, family/group meeting, or "Inner Power Party" where everyone can get their workbook and get started.

### Step 4:

Challenge your family/team members to change their lives for the better—and to do it together. Along with reminding them of her own progress, Gracey used this technique to move her family members beyond their resistance, stubbornness, denial, and excuses. It got them excited about it.

### Step 5:

Schedule regular weekly or biweekly meetings in person, via video chat (with Skype, for example), or by phone to do the work and share your progress. Have a backup plan for continuing to check in with each other should unforeseen circumstances prevent your regular meetings. Gracey's family had video chats on Sundays. When that was no longer possible, they used a telephone buddy system. Each person checked in with the next one in line.

## Step 6:

Help each other set one BIG and specific goal for yourselves, and set some basic ground rules. Gracey's family approached the process as a friendly "competition" to reach each of their goals by a reasonable deadline (in this case, within six months). Two important ground rules they established were 'no judgment' and 'no one gets left behind'. Families, couples, and teams may instead choose a collective goal that they want to achieve together.

## Step 7:

Each member selects and completes a workshop from the workbook to help with their goal, and continues working with a new one until the goal is reached. Help each other in this process if necessary. Optionally, select and complete one master key together as a family/group as a way to bring harmony and to make sure that you all know how to use the book.

## Step 8:

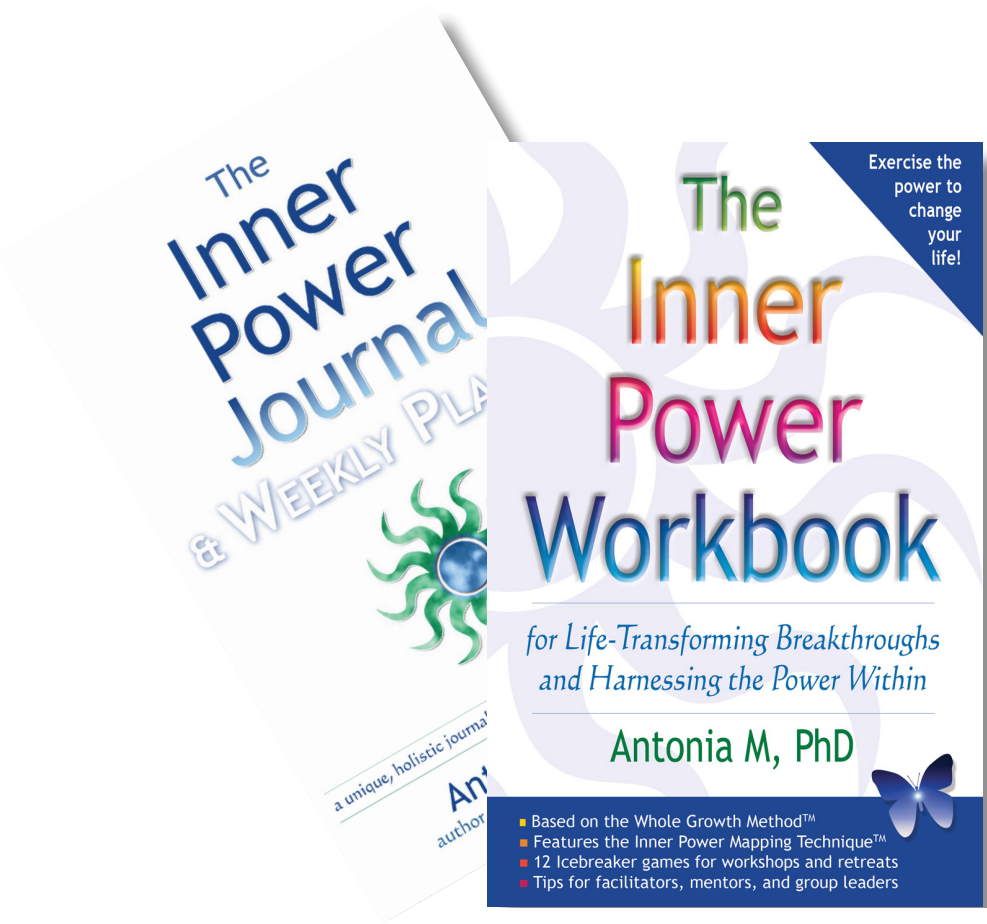
Journal about, review, and report on your progress as you make your transformation.

## Step 9:

Share your success story. Contact Dr. M on her website at [www.DrAntoniaM.com](http://www.DrAntoniaM.com)

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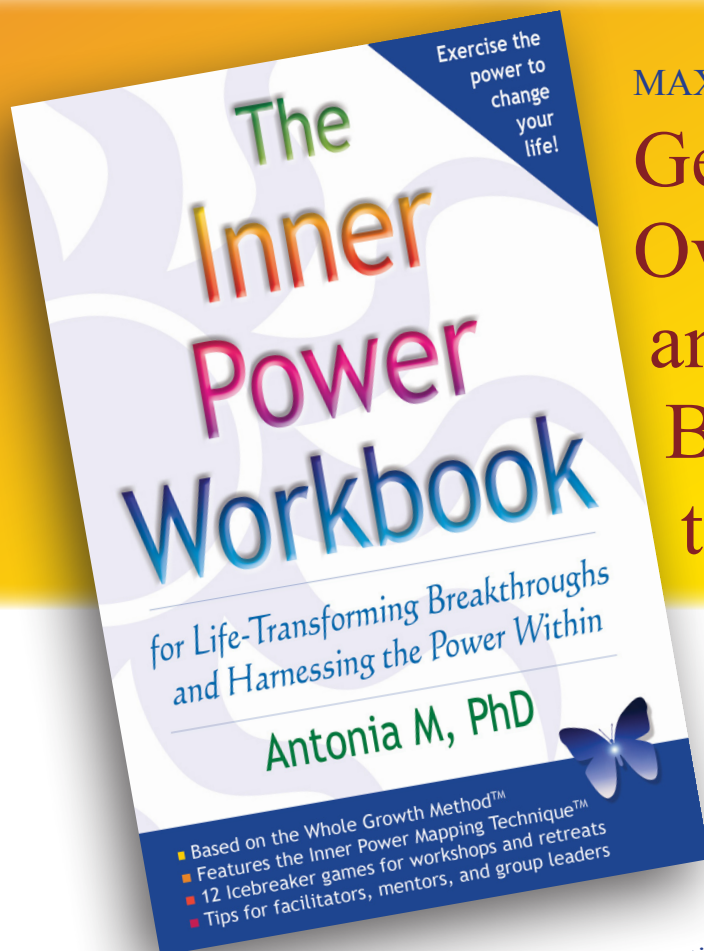
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Having the clarity, courage, and confidence to make a change for the better is vital to living a life of purpose, passion, happiness, and accomplishment. The ability to follow through and stay committed to what you want is also key in making positive changes “stick.” The road to growth, recovery, and transformation, however, can be emotionally, mentally, physically, and spiritually challenging. ***The Inner Power Workbook*** will help you to design a custom course of internal growth and effective action that lets you navigate your stumbling blocks and bring your goals to fruition. Using the book’s unique self-development exercises, master keys, and Inner Power Mapping™ technique, you will zero in on the choices, actions, and patterns that make or break your success. Author, Dr. Antonia M, provides a simple, step-by-step process that will motivate, empower, and coach you to achieve goals in all aspects of your life.

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**This book is a valuable asset for self, family, your members, as well as for personal growth and support programs such as:**

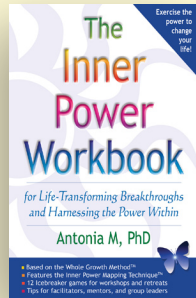
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“Dr. M’s ability to assist others in defining and focusing their efforts and potential is groundbreaking. (Her) work, particularly in the area of achieving breakthroughs, can be of tremendous benefit in corporate, non-profit, and community-based organizations, as well as youth and gender-focused programs.”

—**Anita Davis-DeFoe, Ph.D., President/CEO**  
Afia Planning and Development Corporation  
Author, *A Woman’s Guide to Soulful Living* and  
*Follow Her Lead: Leadership Lessons for Women*

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—Terrance D. Richburg

Director, Men’s Initiative Youth Development

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- How to Use this Workbook & Get Results
- Leadership & Troubleshooting Tips
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- Your Energetic Bottom Line
- Relationships/Partnerships
- Letting Go of Conflict, Stress & Struggle
- Weaving the Social Fabric
- Do What You Gotta Do
- Your Response-ability
- What is Your True Desire?
- Heal Your Life, Live Your Destiny

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- Uncover hidden potential and upgrade your life
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- Manage your mind and your emotions
- Minimize stress, self-doubt, and frustration



“The Inner Power Doctor,” Antonia M, PhD, earned her doctorate in metaphysics in 2001 and is pursuing a second degree in metaphysical psychology. A business and life transformation expert, Dr. M draws upon a unique blend of eastern, western, and indigenous teachings and techniques, including energy medicine, meditation, and the martial arts. Her work helps to facilitate the internal shifts that lead to major breakthroughs in life, well-being, and business.

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