

## **The Power of Change: A New Guide to Living Your Ultimate Life**

*“Through her depth of experience as a therapist and spiritual practitioner, Jennifer Howard introduces skillful means for loving ourselves for who we are in this very moment, even as we cultivate deeper self-realization through powerful practices of introspection, meditation, and acceptance of our innate wholeness. Enjoy this nourishing and self-empowering book.”* — Michael Bernard Beckwith, Author

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**San Francisco, CA (December 26, 2012)** — Our stressful, confusing times have people asking themselves:

- Why is it so easy for some people to change, while for me it’s so hard?
- Why do some stubborn issues refuse to budge? What does it take to really change?
- Why aren’t I happier? How can I live the life I’ve always dreamed of?

The renowned psychotherapist, spiritual teacher, life and business coach, Dr. Jennifer Howard, offers a revolutionary new approach to creating change on all levels—physical, emotional, mental, and spiritual—in her new book, *Your Ultimate Life Plan: How to Deeply Transform Your Everyday Experience and Create Changes That Last*.

Distilling more than 20 years of experience, training, and teaching in the fields of psychotherapy, mind-body psychology, meditation, and the healing arts, Dr. Howard has laid out a practical guide for improving one’s life by building:

- Confidence: to remove painful, seemingly permanent barriers
- Strength: to move from wounded ego to sacred, worthy self
- Courage: to make smart choices by embracing the Four Dimensions of Consciousness
- Success: to rise to the next level of happiness, clarity and transformation

The author zeroes in on how and why we get stuck with our problems and provides a roadmap to understanding and—finally and for a lifetime—making changes that translate into a meaningful, authentic, amazing life. A workshop in a book, *Your Ultimate Life Plan* presents Dr. Howard’s transformative *Conscious Living 2.0™* principles and practices, including her innovative and powerful *Multidimensional Awareness Practice™*.

*Your Ultimate Life Plan* is a hands-on, real-life workbook with exercises, meditations and clarifying questions drawn from the author’s popular classes and lectures. Through

a marriage of psychological work and spiritual practice, with an inter-spiritual element, readers learn to identify and detach from emotional triggers, connect with their deepest essence, and at last, let go of their inner barriers to success and lifelong fulfillment.

**About the author:**

Jennifer Howard, Ph.D., is an internationally known licensed psychotherapist, life and business coach, Nondual Kabbalistic Healer®, professional speaker, and radio talk show host. She maintains a private practice with offices in New York City and Long Island. A former faculty member of the graduate studies program, A Society of Souls: The School for Nondual Healing and Awakening, she taught meditation classes for many years at Marble Collegiate Church, in New York City.

A thought-leader on psychology and spirituality, Dr. Howard has appeared as an expert on numerous national network television shows, including: *The Maury Povich Show*, *Turning Point*, *America's Talking*, *Rolanda*, *Charles Perez*, *Les Brown* and others. She's a *Huffington Post* blogger, and the creator/host of the award-nominated radio talk show, *A Conscious Life*. Her website is [www.DrJenniferHoward.com](http://www.DrJenniferHoward.com).

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**Title:** *Your Ultimate Life Plan: How to Deeply Transform Your Everyday Experience and Create Changes That Last*

**Pub Date:** December, 2012

**Author:** Dr. Jennifer Howard

**Foreword:** Lama Surya Das

**Publisher:** New Page Books, a division of Career Press

**ISBN-13:** 978-1-60163-231-9 **ISBN-10:** 1601632312

**Format:** paperback, 6" X 9", 288 pages, 3 images

**Price:** \$16.99 (Can. \$19.50)

**Distributors:** New Leaf, Baker & Taylor, Ingram, Bookazine, Brodart, Nutri-Books, Partners Book Dist.

**Information:** [www.newpagebooks.com](http://www.newpagebooks.com), [www.warwickassociates.net](http://www.warwickassociates.net)

**Subject:** New Thought, Self-Help

**Rights:** World