



PRAISE FOR:

Your Ultimate Life Plan

How to Deeply Transform Your Everyday Experience and Create Changes That Last

By Dr. Jennifer Howard

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 of *Life Visioning*

*Few books live up to grand titles, but **Your Ultimate Life Plan** delivers on its promise. Dr. Jennifer Howard covers every element of creating and living a conscious life: physical, emotional, mental and spiritual. She has drawn on her own extensive background as a world-renowned psychotherapist, healer, and coach to help you live more fully "awake, aware, and alive. Here is wisdom drawn from a rich soup of traditions: nondual kabbalistic healing, traditional psychotherapy, meditation and other healing arts. I don't think any other book I've read does such an excellent job of weaving these practices together in such an accessible and helpful way.*

Donna Baier Stein, author and publisher of *Tiferet: A Journal of Spiritual Literature*

***Your Ultimate Life Plan** makes a practical and inspirational addition to anyone's library. Filled with meditations and awareness-provoking exercises, this book both reassures you that your life has meaning and then helps you align with your purpose, finding that fine balance between surrender and guided action.*

Melody Beattie, author of *The New Codependency* and *Codependent No More*

Dr. Jennifer Howard answers one of the most dangerous questions you can ask: Are you ready to live the life you've always dreamed of? If your answer is "yes", read this book, take responsibility for your life, and see what happens. If the answer is "no", forget you ever saw this book and go on blissfully blaming others for your misery.

Rabbi Rami Shapiro, author of *Recovery, The Sacred Art*

The majority of people do not grow up with parents who are therapeutic and loving and so suffer the consequences. Dr. Howard offers you, through her wisdom and book, a chance to abandon your past and create the life you have been searching for. If you are ready to show up for practice, the wisdom contained here can coach and direct you on your healing journey.

Bernie Siegel, MD, author of *365 Prescriptions For the Soul* and *Prescriptions For Living*

Dr. Howard's interspiritual guide illuminates the path to authentic wholeness and offers practical guidance for overcoming the many obstacles that we all encounter on the journey. Written with clarity and compassion, this book reflects the depth of a true and seasoned spiritual teacher and healer.

Estelle Frankel, author of *Sacred Therapy: Jewish Spiritual Teachings on Emotional Healing and Inner Wholeness*

Do you long to live in a way that is aligned with your heart? Through meditations and exercises, and clear, deep teachings, Dr. Jennifer Howard offers a luminated pathway to living from our innate wholeness, awareness and love. This book nourishes the soul!

Tara Brach, Ph.D., author of *Radical Acceptance* and *True Refuge*

Wise, warm, illuminating and instructive: this gentle book is for anyone ready and willing to start the wondrous exploration of what it means to be whole.

Guy Finley, author of *The Secret of Letting Go* and *The Seeker, The Search, The Sacred*

A transformational read that will inspire your natural greatness as well as a practical map to wholeness. Reading these pages will allow you to rest in who you truly are: divine love.

Jennifer Loudon, author of *The Woman's Comfort Book* and *The Life Organizer*

Dr. Jennifer draws from a variety of traditions and practices, giving the reader many choices and methods to work with. This book is compassionate, helpful and insightful.

Sharon Salzberg, author of *Real Happiness the Power of Meditation* and co-founder of The Insight Meditation Society

*What a book! **Your Ultimate Life Plan** is a deep river, fast and flowing filled with fresh wisdom. Any reader can float on the insights Dr. Howard provides. You can trust the buoyancy of the language and let it take you to the life you have always wanted. Immerse yourself in this book and it will help you be the person you have always known you were meant to be.*

John Lee, author of *The Flying Boy* and *The Half-Lived Life: Overcoming Passivity and Rediscovering Your Authentic Self*

*In her book, **Your Ultimate Life Plan**, Dr. Jennifer Howard begins where psychology meets spirituality, and ends where passion meets purpose. A workshop within a book, this guide will leave you more conscious and clear about where you're going, and how you'll get there.*

Sherry Gaba, LCSW, author of *The Law of Sobriety*, CBS Radio host and go-to expert on VH1's *Celebrity Rehab*

Dr. Jennifer teaches from experience. A practical and effective approach to living a more meaningful life!

Elisha Goldstein, PhD, author of *The Now Effect* and co-author of *A Mindfulness-Based Stress Reduction Workbook*

*A truly thought provoking book based on rock solid psychological and spiritual foundations. **Your Ultimate Life Plan** takes the reader on a transformational journey from the dark crevices of the shadow to the heights of subtle transcendence. It's an amazing adventure in self-discovery!*

Dr. Joe Vitale, author of *Attract Money Now*

***Your Ultimate Life Plan** is not your run of the mill self-help book. It's a wonderfully valuable resource for seekers adventurous enough and daring enough to go after what others might consider impossible, living the life of your dreams.*

Steve Farrell, Humanity's Team Worldwide Coordinating Director

*It has become increasingly obvious that neither the psychotherapeutic nor the spiritual path is complete in and of itself. In today's world of pressured self-promotion and materialistic demands and desires, we need to become a friendly presence to ourselves and a compassionate witness to our humanity. Friendliness and compassion must become a way of life within and between ourselves. Dr. Jennifer Howard is an ideal guide in blending the psychological and the spiritual as a wise guide and able teacher in the *Four Dimensions of Consciousness*.*

Polly Young-Eisendrath, Ph.D., Jungian Analyst, and author of *The Resilient Spirit*

This is the kind of wise integration of good psychology and good spirituality that so many people need today--instead of just one or the other, which makes both of them weak.

Richard Rohr, OFM, Center for Action and Contemplation, Albuquerque, New Mexico

Take this life-altering transformational journey with Dr. Jennifer Howard and your world will never look the same again. Drawing upon years of professional training, wisdom from the ages and a darn good sense of humor, Dr. Howard will teach you how to uncover forgotten dreams, take bold action as you move towards those dreams and finally, once and for all, live the life you have always hoped for. This book is a gem!

Kristen Moeller, MS, Bestselling author of *Waiting for Jack*

*Congratulations to Dr. Howard for her powerful and comprehensive book with an actual step-by-step life plan to help us become more aware and awake... In **Your Ultimate Life Plan** Howard encourages us to love more consciously, and better yet, guides us how to do it with grace and simple practices to live a fully integrated life. What a breath of fresh air – Thank you Dr. Howard for your compassion, your incredible experience, and your integrity. I look forward to sharing this book with friends, colleagues and clients!*

Carol Look, author of *Attracting Abundance with EFT: Emotional Freedom Techniques*, and International Speaker
