



BOOK SUMMARY

Your Ultimate Life Plan

By Dr. Jennifer Howard

Are you ready to live the life you've always dreamed of? You've read the books, done the workshops, and yet many of the same problems persist. Maybe you've thought you were finished with an issue only to have it reappear suddenly, maybe you've reached for easy answers that didn't work, or maybe you've grown resigned to accept, this is just how life is. Whatever your starting point, *Your Ultimate Life Plan* will help you step boldly into your next, deeper level of happiness, wholeness, transformation, and success. This "workshop in a book," based upon solid psychological principles and profound spiritual practices, will guide and propel you forward in life

Drawing on Dr. Jennifer Howard's 20+ years of experience as a psychotherapist, energy healer, and spiritual teacher, *Your Ultimate Life Plan* will help you explore your "stuckness," those persistent life issues that don't seem to resolve, along with the subtle strategies we all use to hold them in place. You'll reach new territory in the recesses of your psyche, learning to value, strengthen, and heal your ego, finally answering the question, "should I take my ego to lunch, or kill it?" You'll use the framework of the Four Dimensions of Consciousness and their mindsets, from the Action-Physical Dimension all the way to the Emanation- Spiritual Dimension, to embrace yourself as an individual as well as the Whole. You'll connect with your deepest essence, and your highest wisdom.

Dr. Howard's unique Conscious Living 2.0® principles and practices, including the innovative and powerful Multidimensional Awareness Practice®, combine psychological work with spiritual practice, honoring our humanity as deeply as our spiritual nature. They'll help you identify your vision for life and empower you to create changes that last, shine brilliantly from within, and make a real difference in the world.

Your Ultimate Life Plan takes an interspiritual approach inclusive of many philosophical and religious viewpoints, including Jewish, Christian, Islamic, and Hindu mystical paths, as well as Native American and Buddhist traditions. It also draws upon psychological and scientific perspectives, from developmental psychology to quantum physics, and includes many proven and practical life-changing techniques developed by Dr. Howard in her work with clients and students.

Each chapter includes exercises, self-awareness questions, and meditations to integrate new information, and dive deeply into whatever gets in the way of your happiness and success, so you can embody ever-deepening aspects of Reality. As you walk this path, your experience of life becomes deeper and more profound, and you'll develop a satisfying, intimate connection with yourself, your soul, and others. You'll connect deeply with your inner wisdom, allowing you to live the remarkable life you were born to live. You'll embrace your innate spiritual warrior as you learn to embody gratitude while finding your passion and purpose. You'll learn through your everyday experience that self-discovery is life's greatest adventure.

Your Ultimate Life Plan is the missing "how to" for moving past your problems into a richer, more meaningful life. It will help you do more than understand Wholeness, you will experience it. Why settle for average, when the potential to live an amazing life is inside you, right now?



Dr. Jennifer Howard is a licensed psychotherapist, energy healer, and spiritual teacher. She's the author of *Your Ultimate Life Plan: How to Deeply Transform Your Everyday Experience and Create Changes That Last*, Huffington Post blogger and the host of the weekly radio talk show, *A Conscious Life*. Visit her website, www.DrJenniferHoward.com

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