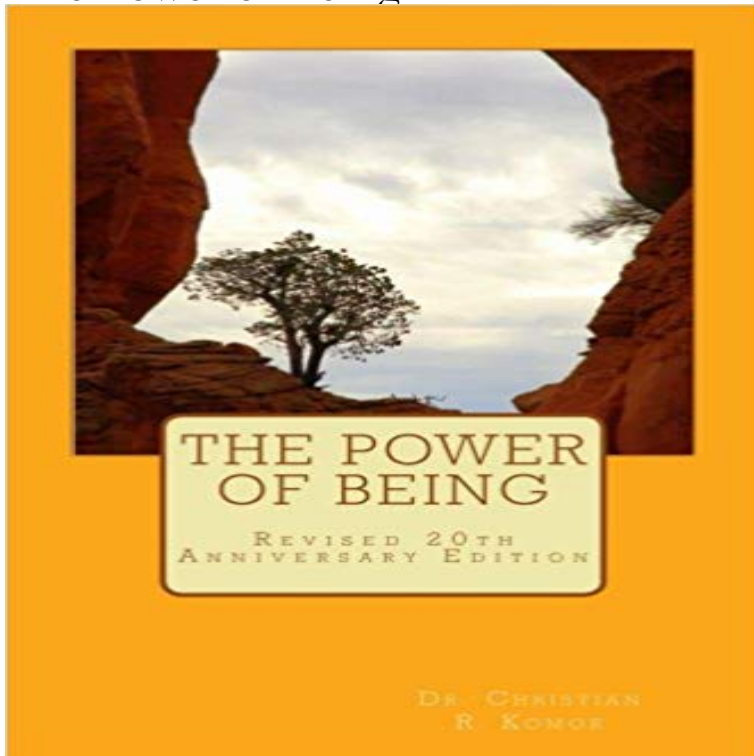


The Power of Being



People everywhere are feeling overwhelmed and disillusioned with an increasingly complex and demanding world. We do our best to adapt, we rush and multitask - yet the enjoyment, peace and love we long for is somehow missing from our everyday lives. We have and do more, but are less and less satisfied - and more and more alarmed by increasing rates of stress-related illness. In *The Power of Being*, nationally acclaimed psychologist Dr. Christian R. Komor provides specific exercises for regaining control over our high-pressure lives and finding our inner peace. This how-to book is jammed with easy-to-use techniques for all those who feel their lives are filled with too much activity and stress. Join Dr. Komor on a journey from from Compulsive Doing to joyful Being.

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