



# **Creating Copowerment Workbook: Embracing the Power of Positive Psychology, Healing Stories and Explorations to Create the Life You Want**

*Lani Kwon*

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The Creating CoPOWERment(r) Workbook: Embracing the Power of Positive Psychology, Healing Stories and Explorations to Create the Life You Want encourages readers to explore choices, visualize outcomes, and set priorities. This workbook is informal and informative, never preachy. It provides readers with the shared true-life stories of past Creating CoPOWERment(r) clients and body-mind-spirit practitioners, balanced with the scientific results of positive psychology studies conducted over the past thirty years or more in the areas of optimism, self-compassion, goal-setting, meaningful work, and success. Thought-provoking, hands-on explorations at the end of each chapter support readers in discovering their motivations and ideals in planning step-by-step changes for better living.

Discover what motivates you to use your strengths to create the life you want.

Learn how your unexamined thoughts and beliefs hold you back from achieving your goals.

Transform obstacles into lessons and markers of success.

Align with like-minded-hearted-souled allies, organizations, and communities.

Find out what your life purpose really is and step-by-step how to get there.

Creating CoPOWERment(r) is a phrase the author coined to describe the empowering interactions that take place when people who are going through life transitions come together in groups or partner one-on-one. People who have participated in Creating CoPOWERment(r) have reported that they are able to identify better life options when they have an opportunity to share their experiences, beliefs, and resources with others.

## **Creating Copowerment Workbook: Embracing the Power of Positive Psychology, Healing Stories and Explorations to Create the Life You Want Details**

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# **From Reader Review Creating Copowerment Workbook: Embracing the Power of Positive Psychology, Healing Stories and Explorations to Create the Life You Want for online ebook**

## **Marie says**

Received this from the GoodReads First Read giveaway.

I really enjoyed reading this book. Lani Kwon did a great job discussing ways to empower oneself. I really enjoyed the fact that at the end of each section there are reflection questions. Then at the end of each major chapter there is a larger reflection section.

This book really hit on some of the issues that I have dealt with in my life and it was nice to see some ways to try and deal with them. Although I have been told to meditate many times, I never really knew much about how to or anything. While this book still doesn't go into great detail of how to meditate, it gives a decent description of two different types and how they are helpful which I found nice.

There were many other things in this book that were thought provoking and empowering as well. A great read to help you think more positively about situations that you might be struggling with or just to keep you on the right track.

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## **Leanna Manuel says**

I received this book to review in a goodreads.com giveaway. It sat on my shelf for quite a while, but I'm glad I finally picked it back up. In many ways this book was no different from other self-help, love yourself books. Yet in so many other ways it was unique. I would describe it as raw, gritty, transparent, and personal. The language may seem a bit too New Age for some readers, but I encourage you to look beneath that to the truths that are spoken. As the author implores, do the exercises at the end of each chapter. They aren't easy, but well worth your time.

- \* Nice mix of exercises, examples and interviews

- \* Impactful - "I am responsible for my own thoughts, words and actions. I take back my power, and I know that I can change the circumstances of my own life."

- \* Holds No Punches - "My not loving myself enough to find someone else who could love me was the real issue."

- \* Quote were inspirational.

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## **Marilyn Stanley says**

I received the book for free through Goodreads First Reads.

I really enjoyed this book and think it would be a perfect read for someone who is 'trying to find oneself'

I loved the quotes at the beginning of the chapters and the soul-searching questions at the end.

I would highly recommend this book.

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### **Kate says**

Great book for those who are on the path to self-discovery! So if you are looking for more authenticity and a deeper connection with your true self, this is the book for you. Before reading this book, I was unaware that people who experienced at least one traumatic event in their lifetime reported higher levels of well-being than individuals who never had any trauma. This book is an effective introduction into positive psychology. The exercises included in the Creating Copowerment Workbook: Embracing the Power of Positive Psychology are helpful in improving your life. In Buddhism, a common sentiment is that to live is to suffer. This book will help you better manage your suffering since suffering is inevitable.

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### **Darlene Cruz says**

I entered the First Read Giveaway and was fortunate enough to win this book by Lani Kwon. Funny what I read in this book pertains to things that I encountered growing up and I knew there are a lot of people who went through the same thing too, but to read it in her book was fascinating. As parents we control every aspect of your children's lives, when the time comes to see them as individuals we hope we taught them right so they can figure out how to live life. Sometimes it's not control, parents worry and will continue to worry no matter what but as parents we learn to slowly wean away the control. No regrets. Thank you for a wonderful book. Mahalo nui loa...

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### **Tanna Shelley says**

I won this book in the first reads giveaway. This was a very inspiring and empowering book! Planing knew exactly what to say to leave a big impression with her words. The inspiring quotes at the beginning of each chapter were one of my favorite parts of the book. I also really enjoyed the reflection questions at the end of each chapter.

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### **Jeremy says**

The Creating Copowerment Workbook is another self-help book that really makes one stand back and take a look at oneself and those around you. I have read a few of these types of books over the years and this one is at the top of my favorite list. There are many ask-yourself questions to make you look hard at what you are doing and maybe even more importantly, what not to do anymore. This book really held my interest.

