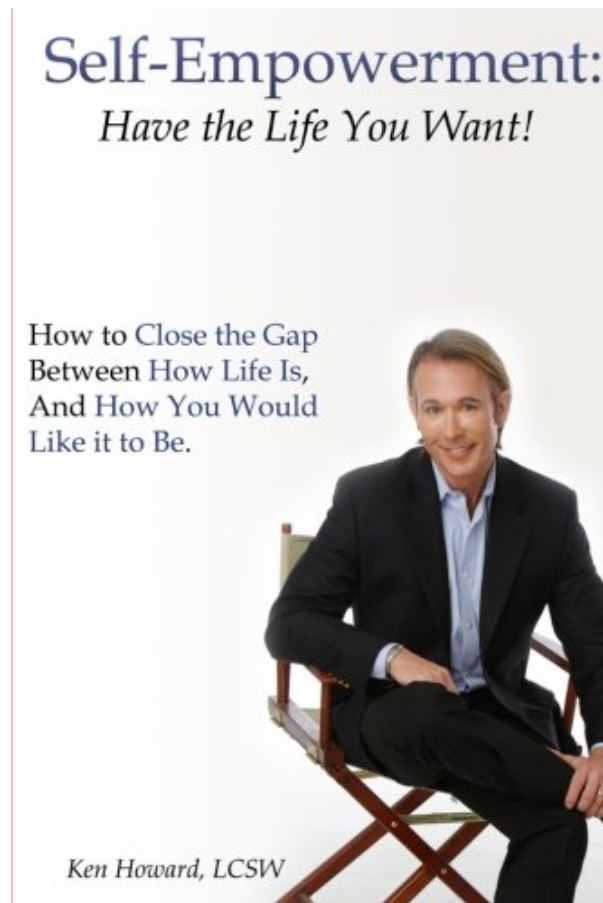


SELF-EMPOWERMENT: HAVE THE LIFE YOU WANT! BY KEN HOWARD



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Self-Empowerment: *Have the Life You Want!*

How to Close the Gap
Between How Life Is,
And How You Would
Like it to Be.



Ken Howard, LCSW

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About the Author

Ken Howard, LCSW, author of, "Self-Empowerment: Have the Life You Want!" has been working as a psychotherapist for over 19 years and is a Licensed Clinical Social Worker in full-time private practice in Los Angeles, California. He is a certified psychiatric social worker who was trained at the University of Southern California (USC) School of Social Work (MSW) and is also a graduate of the University of California, Los Angeles (UCLA). He has worked with thousands of men and women in individual, couple, and group therapy in a variety of settings from hospitals to non-profit organizations to private practice, as well as consulting for corporations and agencies. He also conducts life/business/executive coaching and maintains a busy schedule as a motivational/inspirational speaker for companies, schools, and organizations on how to achieve optimal living, cope with illness, and maximize your personal and professional potential. He is a winner of the "Ten Most Dedicated and Deserving Social Workers of the Year" for 2011 from Social Work Today magazine. He is a survivor of living with HIV for over 20 years and cancer for over 10 years. His websites include HaveTheLifeYouWant.com, and his podcast is, "Have the Life You Want with Ken Howard, LCSW", heard in many countries across the world. He lives in West Hollywood, California, with his husband, cat, and dog.

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If you read only one self-help book this year, make "Self-Empowerment: Have the Life You Want!" it. It's the "portable therapist" to help you close the gap between how life is, and how you would like it to be, in important areas of your life, such as your Mental Health, Health, Career, Relationships, Finances, Family, Community, and Spirituality, based on over 18 years of counseling, psychotherapy, and coaching by Ken Howard, Lcsw.

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2 of 2 people found the following review helpful.

This Book Was So Helpful

By JeffM

What I appreciate so much about this book is what a balanced and open approach author Ken Howard uses.

In order to have a healthy and productive life, all areas have to be in synchrony: mental health, career, finances, family, relationships/sex, community, and spirituality. If any of these are out of balance, it affects

the whole. Example, someone could be in excellent physical health, but can't balance a checkbook. Eventually, this imbalance is going to spill over to other areas of this person's life.

Community is so important, because we have been put on this planet to do more than just earn a living and pay our bills. Feeling like you belong is very important as well as being close to the things you enjoy doing, if it's a living situation that needs to be sustainable.

I particularly liked the parts about spirituality, because it's something not talked about much in the medical/mental health fields. Ken does a great job of explaining spirituality (and distinguishing it from religion because they are very different), and how having some sense of it contributes to overall well-being.

I liked Ken's kind and genuine helpfulness and personal writing style. He reminds us that nobody is perfect, and that we are all a work in progress.

2 of 2 people found the following review helpful.

Wonderfully positive and encouraging!

By Guitar Girl

Not only is this book laid out easily by topics and concepts, but I found the language and tone remarkably positive without sounding contrived. Reading it, you really feel like he's talking directly to you and genuinely cares about your well-being; not something I've experienced in similar books. The case studies were also very helpful in providing real-world examples of the kinds of steps he talks about. Would highly recommend to anyone who feels "stuck" in life, regardless of whether you're dealing with a major crisis or just feeling like you want more control over your existence.

1 of 1 people found the following review helpful.

A Great Life Skills Book

By btlagent

Ken's book is informative, educational, eye opening, valuable and well written. It's easy to understand and above all, helpful to everyone from all walks of life. It's laid out extremely well and covers areas of importance such as mental health, health, relationships and sex, career, finances, family, community and spirituality. I could pretty well guarantee topics covered will resonate directly with you or remind you of someone you know.

Ken has a very conversational way of writing that makes for an easy read. Even as he expresses crucial points and provides information he never forgets to pepper topics with his humor. How often would you have liked to have a teacher in school teach and make you laugh or smile at the same time?

I highly recommend Ken's book. Valuable tools and tips for everyone that wants to have a better, richer life.

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