

Ready to embrace the future? Change your energy, change your life!

What do people mean when they talk about “energy”? In this, the first of a seven-book series, you’ll learn about the emerging science of energy psychology. Written in easy-to-understand language, this book demystifies the body’s energy system, starting with the first or “root” chakra. You’ll learn about the body-based energy source that connects you to all physical experience — from basic survival to fully thriving.

As you become more aware of energetic patterns, you’ll make more productive choices. *From Surviving to Thriving* reveals how to:

- Move beyond herd mentality
- Shed the bonds of victim consciousness
- Face fears and take bold stands
- Regain control of your life

Mark Lorentzen is a teacher and energy therapist with a Master’s degree in Counseling Psychology. He is the creator of www.allaboutchoice.net, your source for information about the chakras.



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FROM
Surviving to Thriving

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