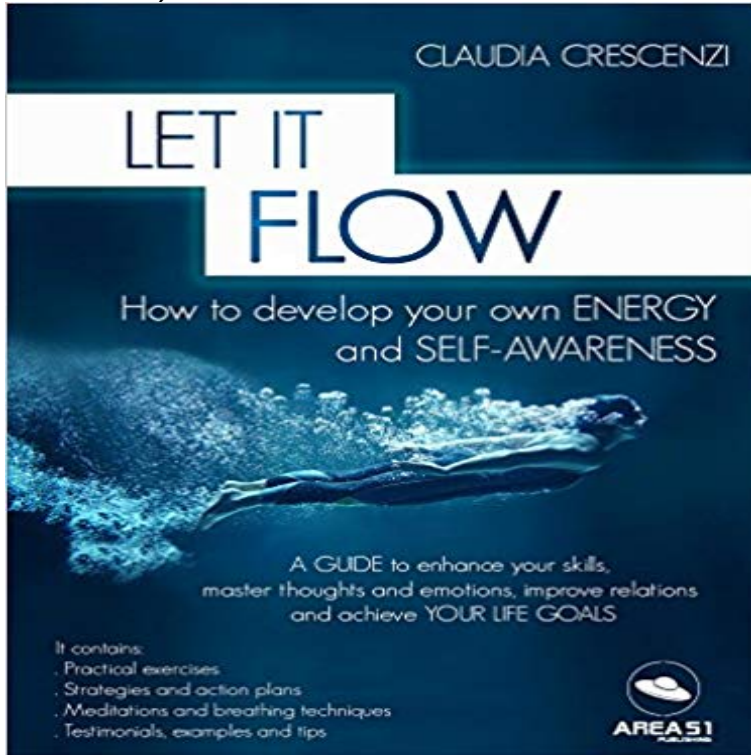


# Let it flow: How to develop your own energy and self-awareness (Italian Edition)



A guide to enhance your skills, master thoughts and emotions, improve relations and achieve your life goals. In addition to text, the ebook contains . Practical exercises . Strategies and action plans . Meditations and breathing techniques . Diet recommendation . Testimonials and experiences. Claudia Crescenzi is an affirmed international coach, an expert in organizational and human potential development, business communication with twenty years of experience in great Italian and international companies, also with manager roles. This title - clear, precise and full of positive energy - proposes a personal journey that will guide you in conquering a greater awareness of your energy and in discovering your life force, that will allow you to enhance the quality of your life and achieve your goals. This ebook tells of a process, a journey to achieve greater awareness of your abilities by working on yourself. Everyone is basically coach of himself, and coaching is first of all training to become coach of oneself. So let it flow means to follow what your curiosity, your intuition and your heart tell you. Follow what gives you energy! Following the flow it doesn't mean to follow a career, a precise path, already written in a manual. Following the flow means to seize the moment and discover the meaning of what is happening within and around you. Complete index of the ebook . Foreword . Introduction . The sense of the flow . Being well: meaning and attitude . Our energy . The time and the vital space . The body . Your brain, your rationality . Emotions and life energy . Destructive emotions . Inner disarmament . Testimonials. This ebook is intended for . Who wants to know themselves better . Who wants to break free from constraints, fears and limiting beliefs . Who want to enhance their own ideas and beliefs to enhance their lives . Who wants to develop a profound change in themselves . Who

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About the author Claudia Crescenzi is an expert in organizational development and human potential as well as business communication with twenty years experience in important Italian and international companies also as a manager. She is currently involved in Integrated Projects (Consulting Training and Coaching) of Change Management, Generational Transition and Dimensional Change, Diversity Management, Leadership Development, Team Management, Motivation and Self-Esteem, Executive and Team Coaching. She is author of several articles about Career Coaching. She also is Executive and Personal Coach of Managing Directors as well as Managers of national and international business realities. She takes part as a speaker to European head tables. She plans and teaches courses in management training also using European funding. She collaborates as lecturer with companies that organize projects for the European Union on Diversity Management. She is trainer for the training of professional coaches internationally recognized, using internationally recognized approaches (Emotional Intelligence, Transformational Coaching, GROW model).

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