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| John Hunt Publishing - **O-BOOKS** - announces the new title |
| **Road to Power, The**Fast Food for the Soul (Books 1 & 2) Barbara BergerBarbara Berger’s bestselling international classic is a book about power of the mind. This is a book about the ways in which you can take control of your life and create the life you’ve always wanted to live. But how do you take control?In this highly practical book, Barbara Berger gives us the tools and then guides us, step by step, into how we can change our lives by changing our thinking. If your life is not working, or you just want it to work better, here’s a simple yet effective way to look inside yourself and see what you can do about money, relationships, love, your health, family, work, peace, joy, and much more. And it will be faster and easier than you ever dreamed possible.**Author Bio**American-born Barbara Berger is the bestselling author of fifteen self-empowerment books. After Barbara left the USA to protest against the Vietnam War in the 1960s, she settled in Scandinavia and continued her quest to learn more about the science of the mind, spirituality and psychology. Today, she gives workshops and coaching to help her clients harness the power of their own minds. She lives in Copenhagen, Denmark.Online: [Facebook](http://www.facebook.com/barbara.berger.961?ref=tn_tnmn), [Author Website](http://www.beamteam.com), [Blog](http://www.barbaraberger.typepad.com/), [Twitter](http://www.twitter.com/#!/http://twitter.com/barbaraberger)**Previous Titles**Find and Follow Your Inner Compass (9781780995106), O-Books, 2017. Are You Happy Now? 10 Ways to Live a Happy Life (9781782792017), O-Books, 2013. The Awakening Human Being (9781846948350), O-Books, 2011.**Endorsements***This special little book will engage you, empower you, enlighten you, and enlarge you. What a wonderful gift!****Neale Donald Walsch, bestselling author of Conversations with God*****Promotional Plans**Promotion as a revised book which combines two of Barbara Berger's already-bestselling titles. Promotion alongside Barbara's 2017 O-Books title Find and Follow Your Inner Compass. Radio interviews. Promotion via author's self-help coaching website. Promotion across JHP Mind Body Spirit social media platforms.**USP**An international bestseller already published in 30 languages with more than 750,000 copies sold so far, which teaches the reader to change their life by changing their thinking.**Competing Books**The Awakening Human Being 9781846948350, by Barbara BergerO-Books, 2011**Categories**SELF-HELP (General)(SEL031000) -> Personal Growth (General)(SEL031000)SELF-HELP (General)(SEL021000) -> Motivational & Inspirational(SEL021000)SELF-HELP (General)(SEL004000) -> Affirmations(SEL004000) |   | http://www.johnhuntpublishing.com/assets/docs/books/6339/jhp5a1fe5b309fc4.jpg**Publication Date**September 2018 **Paperback**ISBN: 978-1-78535-814-2$19.95  |  £12.998.5x5.5 inches | 216x140 mm240PP**e-book**ISBN: 978-1-78535-815-9$9.99  |  £5.99**Library of Congress**2017948446 |
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