



Where Am 'I' Right Now?: Emotionally - Mentally - Spiritually

Adrian Hanks

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Where Am 'I' Right Now? is the new authoritative, leading edge and practical book on personal and spiritual development for the 21st century. It refreshingly offers us ways to move far beyond the 'what' to do world, to the more practical and empowering world of 'how' to do it - a rare find in today's rapidly expanding personal development market. This book could easily become one of your best companions and friends for life! It has been written to support and enrich the journey of personal and spiritual development and help improve people's lives. It has, throughout its pages, a blend of raw honesty, delicate vulnerability and strong passionate ideas, along with some light hearted humour. This book is filled with stories from clients and participants from the authors work as a therapist and coach, offers new insights and understandings and has some very interesting practical and empowering exercises to positively challenge, expand and educate the reader.

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