

Radiate Day after Day

In all the fields of your life.

September 2017



Synopsis:

This book is a review of the personal growth program Peggy and Jeff teach at the Academy for Personal Growth. This company is leader in France for personal growth lessons online. It helps every day hundreds of thousands people to evolve towards a better life, straighter, lighter and shinier. Online seminars are followed by more than 600 000 subscribers.

Content:

- Who are Peggy and Jeff?
- Presentation of their coaching method
- How to use it?
- Testimony
- Weeks 1 to 4: Love
- Weeks 5 to 8: Money
- Weeks 9 to 12: Health
- Weeks 13 to 16: Apprenticeship
- Weeks 17 to 20: Social Relations
- Weeks 21 to 24: Projects
- Weeks 25 to 28: Passions
- Weeks 29 to 32: Contributions
- Weeks 33 to 36: Family
- Weeks 37 to 40: Work
- Weeks 41 to 44: Spirituality
- Weeks 45 to 48: Expression

The Authors:

Peggy and Jeff met in 2001 and chose the path of personal growth following serious health problems. Following a training in yoga, they decided to explore different practises of personal growth, such as EFT, PNL, hypnoses, reiki, forgiveness, nutrition, education, etc. They experiment everything themselves first, and gather at their Academy and now in this book, the best teachings they received so they can share them with all their students.

■ Specs:

- Series : Health & Personal Growth
- Date of Issue : September 15th 2017
- RPP: 14,90 €
- 384 pages
- 170 x 230 mm
- Paperback
- ISBN : 9791032301357

Éditions
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Radiate day after day - Table of Content:

INTRODUCTION

- Who are Peggy and Jeff?
- Why follow the Sunshine of Energy coaching programme?
- How will your life be affected if you decide to invest time in this coaching programme?
- What is your current personal radiance factor?
- How should you use this book?
- Testimonies.

Ray Love

- Week 1: Get to know yourself.
- Week 2: Identify the other's needs.
- Week 3: Feed the flame.
- Week 4: Sexuality to get to know yourself better.

Ray Money

- Week 5: Be aware of your relationship with money.
- Week 6: What if you became rich?
- Week 7: Manage your budget with discipline and ingenuity.
- Week 8: Keep your money working.

Ray Health

- Week 9: Be aware of the mechanisms and functioning of your body.
- Week 10: Listen to your body.
- Week 11: Find the levers to feel good.
- Week 12: Learn the secret of a good diet to have maximum energy.

Ray Learning

- Week 13: Discover the different sorts and levels of learning.
- Week 14: Be an eternal student, in constant progress.
- Week 15: Develop and maintain your memory.
- Week 16: Dare asking questions and be efficient in your note taking.

Ray Social relationships

- Week 17: Be aware of how your environment affects your life.
- Week 18: Assert yourself to be better with yourself and with the others.
- Week 19: Develop nourishing and safe relationships.
- Week 20: Develop your network.

Ray Projects

- Week 21: Discover what your dreams are.
- Week 22: Be aware of your breaks and your fears.
- Week 23: Identify the project accelerators.
- Week 24: Act on it!

Ray Passions

- Week 25: Be aware of the fact that your passions are linked to your talents.
- Week 26: Know what to do with your weak points.
- Week 27: Stop feeling guilty.
- Week 28: Go on the road to your passions and talents.

Ray Contributions

- Week 29: Discover what you will be leaving to the world.
- Week 30: Be aware that you live up to the expectations.
- Week 31: Discover your contribution level.
- Week 32: Contribute - your way.

Ray Family

- Week 33: Be aware of what is a family today.
- Week 34: Discover family constellations.
- Week 35: Use psycho-genealogy.
- Week 36: Be aware of the relationships you are fostering with the members of your family.

Ray Work

- Week 37: Define your place in the world of work.
- Week 38: Managing stress at work.
- Week 39: Be able to assert yourself.
- Week 40: Bring your work to light.

Ray Spirituality

- Week 41: Discover your spiritual being.
- Week 42: Be charitable to others, and for you.
- Week 43: Develop your soul connection.
- Week 44: Discover nadis, chakras and the subtler bodies.

Ray Expression

- Week 45: Discover the five agreements Toltec.
- Week 46: Interpret the postures and nonverbal communication.
- Week 47: Make a good verbal presentation.
- Week 48: Give voice.

Before to say goodbye.