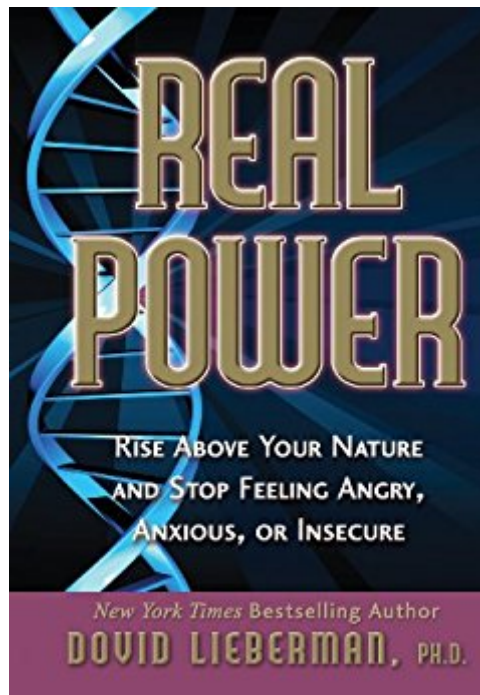


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# REAL POWER: Rise Above Your Nature And Stop Feeling Angry, Anxious, Or Insecure (1)



## Synopsis

From the renowned specialist in human behavior, Dr. Dovid Lieberman comes an extraordinary new book that shows us how to create a positive and permanent shift in the quality of our lives. REAL POWER offers specific strategies that will enable readers to harness untapped abilities and experience immediate and dramatic change. Acclaimed author, Rabbi Zelig Pliskin says: "Dr. Lieberman has the knowledge and experience to transform people's lives. Of his previously released works, Publishers Weekly declares, "It cuts to the chase presenting simple, concise techniques . . . [and] useful strategies rooted in basic human psychology and supported by numerous studies." Dr. Warner Chen, Faculty Fellow of Harvard University added, "You can apply the techniques instantly." Dr. Lieberman's profound, yet practical, works have sold more than one million copies, and are enjoyed by people at all levels and backgrounds. His ability to distill deep concepts into concise and easy-to-read language is what led Library Journal to call his writing, "Entertaining, effective, and enjoyable." Let REAL POWER show you how to release your fear and insecurities, and move your life forward, with a confident new attitude and fresh new perspective. If you really desire to turn self-doubt into self-esteem, I urge you to read Real Power carefully. This is a terrific book. -- Rabbi Abraham J. Twerski, M.D., Founder and Medical Director Emeritus, Gateway Rehabilitation Center Reading this book is like looking in a mirror. As you turn page after page you realize that this book was written for you and about you. The insights and practical solutions that Dr. Lieberman provides are written with clarity and crispness. --Rabbi Paysach J. Krohn, Internationally acclaimed speaker, author of The Maggid Series This is a book that, if read seriously, is going to change your life . . . it's one of the most important books you're going to read, period. --Hagoan Harav Dovid Cohen Sh'lita \*\*\* teleseminar

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## Customer Reviews

This book written by Dr. Lieberman is a well written and documented book about understanding yourself and others. He quotes from various Jewish religious sources to back up his statements. I have learned and gained a great deal from reading this book. It can't be read like a novel, but rather a text book. I underlined many significant sentences that I am going to go back and review. Everyone should read this book and see how it helps change their way of thinking about themselves and others. I really was interested in how and why some people act and think as they do and how and why it influences the way I think and feel. I was able to accomplish this by reading this book. Now I am going to go back and read what I underlined and study it a little deeper. I certainly will loan this book to whomever wants to read it, but I want it returned for future review. People have certain mannerisms that make you wonder what makes them "tick". This book helps you understand this. This was my goal in hoping to accomplish just this understanding when I read the title on the front cover and the short review of it in one of our Jewish weekly newspapers.

I am finally starting to understand myself. What a difference this book is having in my life. I am slowly revealing many secrets I have hidden from the guy in the mirror whom I shave every morning. I am starting to feel comfortable in my own skin. I am starting to love myself and feel comfortable with that. I am gently confronted with the reality of me and given an opportunity to come out of my cave, in my own time, at my own speed.

I've found this book to be an incredibly powerful tool for understanding human behavior, not only the behavior of others, but of the individual as well. We are all equipped for life to some degree by our early experiences as well as the practical teaching of those around us. For those of us whose education in this regard is limited, I highly recommend this book. Beyond 'truth' or 'right and wrong',

here in the real world where things such as these seem perpetually obscured, I've found that Dr. Lieberman's work provides, at the very worst, a usable and effective 'framework' for approaching the complex dynamics at work within all human interaction.

This book will help you truly understand the nature of self image and how to raise your self esteem by the choices you make. The power is in your hands to make yourself a happier person. Highly recommend and addictive

This is an amazing book. While you could get through it in an hour or two if you had to, after a number of weeks & several re-reads, I am still amazed at what it has to offer. I can't remember reading a book where literally every paragraph contains an aha moment. And yet "Real Power" is such an easy and enjoyable book to read. I was left with no questions unanswered and very inspired. While many books claim to change lives, this one does! Highly recommended.

the author is able to tie psychology; psychiatry; fundamental religious principles; higher religious ideas (kabbala==to receive) and in one. the introduction by Rabbi Dr. Abraham Twerski recommending this and ditto here.

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REAL POWER: Rise Above Your Nature and Stop Feeling Angry, Anxious, or Insecure (1) Change Your Habits Change Your Life: Break Your Bad Habits, Break Your Addictions And Live A Better Life (Change Your Life, Stop Smoking, Stop Drinking, Stop Gambling, Stop Overeating) Anxious Kids, Anxious Parents: 7 Ways to Stop the Worry Cycle and Raise Courageous and Independent Children The Irritability Cure: How To Stop Being Angry, Anxious and Frustrated All The Time How To Stop Worrying and Start Living - What Other People Think Of Me Is None Of My Business: Learn Stress Management and How To Overcome Relationship Jealousy, Social Anxiety and Stop Being Insecure Anxiety: 15 Ways To Boost Your Confidence When Feeling Anxious: How To Build Your Confidence To Escape Anxiety (BONUS- 1hour Life Coaching Session. Overcome Anxiety Today) Stop Smoking: Now!! Stop Smoking the Easy Way!: Bonus Chapter on the electronic cigarette! (Quit Smoking, Stop Smoking, Blood Pressure, Heart Disease, Lung Cancer, Smoking, Stop) What Angry Kids Need: Parenting Your Angry Child Without Going Mad How to Stop Being Insecure: Learn How to Overcome Emotional and Relationship Insecurity The Real Food Diet Cookbook: Gluten-Free, grain-free and real food recipes for losing weight, feeling great, and transforming your health The Insecure City: Space, Power, and Mobility in Beirut Real Estate: Learn to Succeed the First Time:

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