

# POWER, PASSION & PURPOSE

## Seven Steps to Energizing Your Life

Ann Nichols Roulac

### Find out how to manage your energy to reach the highest levels of personal power.

We all have the capacity to make choices that will lead to greater happiness, health, and harmony and a heightened state of awareness and insight. But most people don't understand how to manage personal energy in a way that makes these choices possible and protects them from the stressful conditions of their lives.

**Power, Passion & Purpose** explores the role of energy and how energy practices combined with a clear life purpose are essential in dealing with the challenges of our modern lifestyles. You will learn how to:

- Identify your unique genius, personal power, and life purpose
- Improve your instinct and make faster and more accurate decisions
- Raise your physical, mental, emotional, and spiritual intelligences
- Stop worrying about what others think and follow your passions and dreams
- Simplify your life and create a greater sense of harmony without compromising your productivity
- Achieve greater personal and professional satisfaction

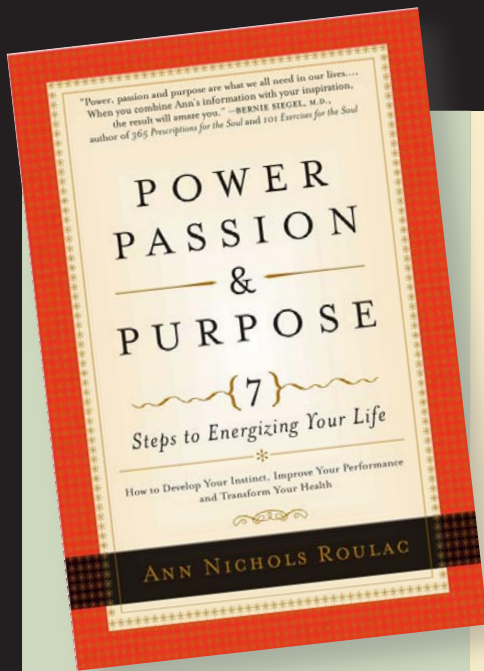
**Power, Passion & Purpose** will help you discover the source of your personal power and tap into the wisdom of geniuses.

### ABOUT THE AUTHOR

As a business and life strategist, speaker and author, Ann serves as a catalyst for change, empowering individuals to transform their personal and professional lives. As a master rainmaker, she has enabled thousands of individuals and executives to achieve extraordinary wealth. Ann's presentations, training programs, books, and products teach people simple and practical tools, principles, and life-changing strategies that produce extraordinary results. Ann is nationally recognized for her strategic advice and supports her clients to create personal, professional and financial freedom.

### BOOK SPECS

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### REVIEWS

“Power, passion and purpose are what we all need in our lives.... I know from experience that when you combine Ann's information with your inspiration, the result will amaze you.”  
—Bernie Siegel, M.D., author of *365 Prescriptions for the Soul* and *101 Exercises for the Soul*

“Roulac has amassed such a comprehensive volume of information that she establishes herself as an avatar of energy, a shaman of self-empowerment.”  
—*LA Yoga*, June 2006

“Ann Roulac has taken hidden powerful esoteric secrets and made them easy for everyone to understand and use. The writing style is light and captivating. The majority of the world's population would greatly benefit from reading and utilizing this information.” —Michael Peter Langevin, CEO CSI Media Corp. and author of *Secrets of the Ancient Incas*