



Ask Yourself Questions and Change Your Life: Stop Wishing Your Life Were Different and Make it Happen

Arlene Harder

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Dedicated to helping readers move towards their goals, this motivational guide shows how to ask direct questions to uncover strengths and draw upon past successes. The answers to such questions as *Am I following my dreams of someone else's? Is there someone I need to forgive in order to reach my goal?* and *What qualities of the human spirit do I need?* allow for penetration into the inner self to discover calls to action and deep-seated desires. Other questions offer support for readers who become stuck or lost along the journey. Complementing the questions are metaphors and stories, offering accessible guidance to uncovering answers. Clear and insightful, these questions and exercises pave the path for self-improvement.

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