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## Self Help- TCM Reviews

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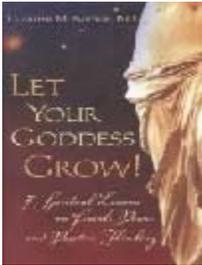
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## Let Your Goddess Grow!

Charlene M. Proctor, Ph.D.  
 The Goddess Network Press  
 ISBN: 0-9766012-0-6  
 Self Help  
 Reviewed by [Tami Brady](#)

Let Your Goddess Grow! ascertains that the main obstacle for success is our own negative thinking. Simply put, we get what we ask for. Therefore, when we are always thinking about the bad situation that could happen or assume that nothing good will ever happen, we assure these negative consequences indeed occur.

In order to break this cycle, the author states that we need to learn to understand our negative thinking and our unhealthy thought patterns that limit our potential. We then have to release these negativities and replace these notions with more healthy, positive patterns. This process is undertaken through a deeper connection to God, Goddess, or the Universe (depending upon your particular belief system) creating a positive belief that we will be taken care of and are already successful.

I believe that this book holds an important message that can't be said enough: that we all deserve to be happy. Moreover, this book reiterates the fact that we can be content with ourselves no matter what our body shape or size and despite the amount of money we earn. Happiness has less to do with these physical aspects and more to do with our emotional health and spiritual connections.

Let Your Goddess Grow! By Charlene M. Proctor, Ph.D. is available at [Amazon](#)



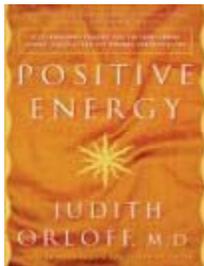
## Mom Management: Managing Mom Before Everybody Else

Tracy Lyn Moland  
The Gift of Time  
ISBN: 0-9730704-0-4  
Self Help  
Reviewed by [Tami Brady](#)

There's one thing that all Moms have in common, lack of time. Whether you're a stay at home, work at home, or work away from home Mom you likely yourself running around taking care of others but just never seem to have the time to take care of yourself. Indeed, many of us even believe that to take for ourselves would be selfish and take precious time away from those we love.

Mom Management: Managing Mom Before Everybody Else reminds us that when we are strong, healthy, and positive we can actually take better care those around us. This book also shows that taking care of ourselves can be achieved in small ways that manifest into huge rewards. For instance, taking to be alone might be achieved by taking a bath or spending time reading but the resulting positive frame of mind and the energy will allow us to take care our responsibilities with renewed vigour. Likewise, by allowing ourselves to be something other than Mommy sometimes we show our children the impact of being all that we are.

Mom Management: Managing Mom Before Everybody Else by Tracy Lyn Moland is available at [Amazon](#)



## Positive Energy

Judith Orloff, M.D.  
Three Rivers Press  
ISBN: 1-4000-8216-1  
Self Help  
Reviewed by [Tami Brady](#)

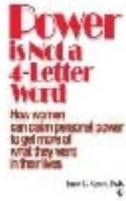
Have you every came home from work feeling completely worn out? Have you ever felt suddenly depressed and overwhelmed after talking to that relat that is constantly complaining? Do you ever eat food that you know is unhealthy because you think it'll make you feel better?

Positive Energy examines the concept of energy. This book draws a direct connection between energy and the way we live. When we eat foods that give energy, make use of our own daily energy patterns, and seek out positive people in our lives we become naturally more energetic, able to cope with stress and become more creative. Conversely, when we push ourselves beyond our natural energy limits, take on the emotional baggage of others, and ignore our own needs we automatically become depressed, overwhelmed, and fearful.

Positive Energy details ten different strategies to increase healthy energy and decrease harmful energy. These strategies range from fairly obvious ones such as discovering personal self worth and adopting a healthy energy creating diet to less obvious solutions such as recognizing that we are unconsciously taking on the emotional baggage of others. I didn't realize how easily I was taking on the baggage of others without even a conscious thought of what it was doing to my energy level.

Positive Energy by Judith Orloff, M.D. is available at [Amazon](#)

## Power is Not a 4-Letter Word: How women can claim personal power to get more of what they want in their lives



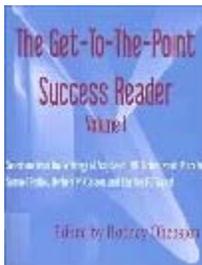
Isabel L. Kerson, Ph.D.  
 Isabel L. Kerson  
 ISBN: 0-9700099-6-8  
 Self Help  
 Reviewed by [Tami Brady](#)

Power is Not a 4-Letter Word looks at the way that women normally perceive power. Although usually women consciously want to get ahead in our careers and be happy in our personal lives, often unconsciously they sabotage ourselves so that they have more difficulties achieving their goals and dreams. The author states that erroneous perception of power is often at the heart of this damaging action. Specifically, women often underrate their own power while overestimating the power of other individuals. With this situation in mind, the author presents a number of exercises that direct the reader towards an understanding of her own specific power issues and then leads her towards addressing and overcoming these issues.

Though many women power and women in business books have been written, Power is Not a 4-Letter Word is unique in several ways. First, this book directly at the way that women perceive power. Many similar books only touch on this factor leaving many women feeling divided by the discrepancies between men with power and women with power. Secondly, this book addresses these discrepancies leaving the reader with a new understanding of her needs and how to achieve these needs. Thirdly, this book examines the interaction of power not only within the workplace but in every potential aspect of women's life. Thus, the reader can use the concepts in this book to better every part of her life.

Power is Not a 4-Letter Word: How women can claim personal power to get more of what they want in their lives by Isabel L. Kerson, Ph.D. is available [Amazon](#)

## The Get-to-the-Point Success Reader



Editing by Rodney Ohebsion  
 Immediex Publishing  
 ISBN: 1932968202  
 Business and Career  
 Reviewed by [Tami Brady](#)

The Get-To-The-Point Success Reader Volume 1 is a compilation of articles about success and how individuals achieve this success. Success, in this book, is defined as achieving your personal ideal. In other words, you will be most successful when you strive to achieve your ideal self and find your own unique niche. Basically, as one article states "Wrapped up in every human being there are energies which, if unfolded, concentrated, and given proper direction develop the ideal". Common threads in these articles include the beating the fear of criticism, changing your pessimistic dominating thoughts to more optimistic ones, and sheer stubborn perseverance in the face of seemingly impossible challenges.

The Get-To-The-Point Success Reader Volume 1 is a very uplifting, inspirational book. This book reminds the reader that dreams can only be achieved if one moves towards them. Many of the articles, quotes, and quips remind the reader of this fact. This book also realistically states that fear, criticism,

other various challenges are all part of the process, few individuals get success handed to them.

The Get-To-The-Point Success Reader editing by Rodney Ohebsion is available at [Amazon](#)

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