

Author and Professor of Counseling, Thomas Ventimiglia, Unleashes Transformative Guide: "Quest for your Empowered Self"

Prof. Thomas Ventimiglia's latest book, "Quest for your Empowered Self." A transformative guide to unlock identity, purpose, and strategies for a thriving life.

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/EINPresswire.com/ -- "Quest for your Empowered Self" introduces a self-empowerment model developed by Ventimiglia, comprising eight essential elements of the self. Each of the eight chapters in the book focuses on one of these elements, providing readers with invaluable insights and strategies. The book features fifty-six high-powered strategies in bold print, along with 168 life skill exercises that have proven successful with individuals aged 18-90, based on Ventimiglia's over 30 years of teaching experience.

Readers will delve into state-of-the-art skills in stress management, responsibility taking, self-esteem enhancement, emotional development, anxiety and depression management, reframing negative thoughts, energy psychology methods, learning style identification, meditation, value system clarification, life balance, goal achievement, personality style understanding, self-discipline, effective communication boundary-setting, and much more. Ventimiglia shares his expertise in using these strategies to help individuals overcome anxiety, phobias, trauma, pain in the body, PTSD, and various other ailments.

Thomas Ventimiglia, an accomplished author and Professor of Counseling, has written two impactful books: "Quest for Your Empowered Self" and "Managing Stress and Well-Being" (3rd ed. Revised). He hosted the first educational television show on Emotional Freedom Technique (EFT) titled "Tapping into Wellness: Energy Medicine for the 21st Century". He also won a Telly Award in educational television used the material from Quest for your Empowered Self book.



With over thirty years of experience in community colleges, Ventimiglia has written a curriculum for courses that transfer to all California State Universities, and his books are widely used for that purpose. Certified in EFT, he specializes in energy psychology techniques and has successfully worked with veterans returning from Iraq and Afghanistan, as well as survivors of trauma.

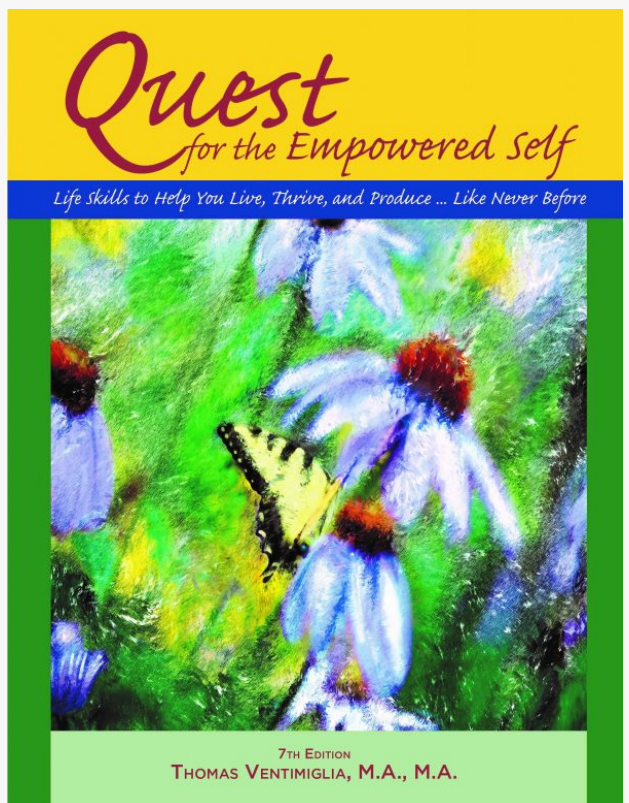
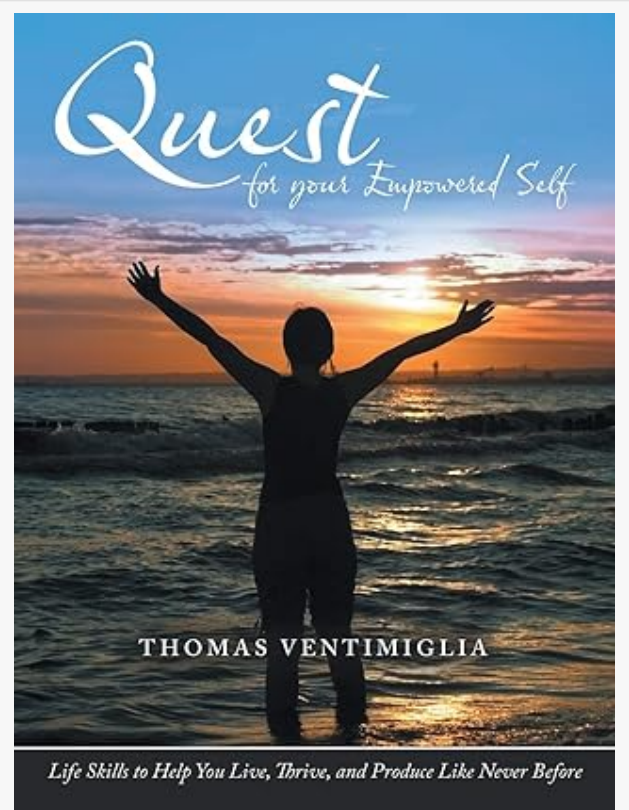
For more information about Thomas Ventimiglia and his transformative works, visit tappingintowellness.com.

Driven by the desire to assist students in overcoming challenges and thriving, Ventimiglia found that mainstream methods often fell short. Drawing on his vast experience and success with state-of-the-art techniques, he felt compelled to compile a book containing only proven methods to help students succeed, heal, thrive, and be happy.

"Quest for your Empowered Self" delivers a powerful message to readers: the life skills, techniques, and exercises within the book will empower them to live the life of their dreams. Addressing the four meaningful questions – Who am I (Identity), Where am I going (Direction), Why am I going there (Purpose), and How will I get there (Strategy) – the book provides a roadmap to confidence, fulfillment, and happiness.

"Quest for your Empowered Self" is now available, offering readers a transformative guide to unlock their true potential and lead a life of purpose.

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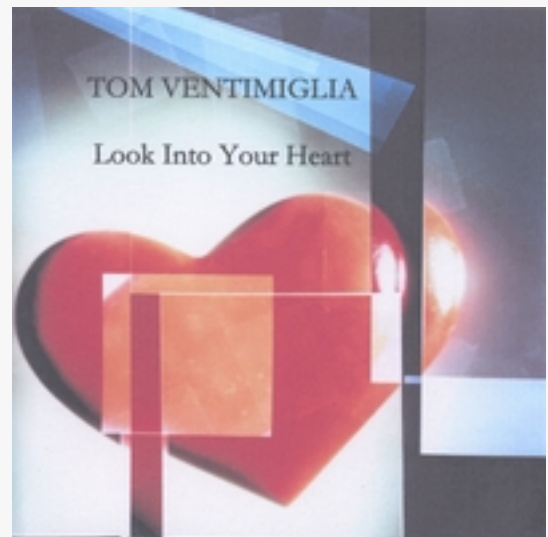
Managing Stress and Well-Being

Life Skills to Help You Live, Thrive, Produce... Like Never Before



By
Thomas Ventimiglia, MA., MA.

3rd Edition, Revised



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