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Press Release

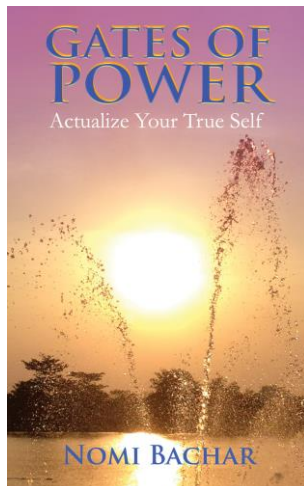
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“I have learned that what gives us the most fulfillment and happiness is the ability to be who we are and grow into our true power. Being who we are, as simple as it sounds, is not that easy. It takes time, awareness, self-knowledge, and courage. It is a life-long process of learning to accept and express ourselves, to give of and to ourselves, and freely and confidently open up to receive and create happiness.” ~ Nomi Bachar

GATES OF POWER

Actualize Your True Self

By Nomi Bachar



Nomi Bachar's **Gates of Power: Actualize Your True Self** (Findhorn Press, May 2014 \$19.95) is a unique and comprehensive curriculum for self-discovery and self-actualization created by Ms. Bachar.

Based on the author's extensive 25-year experience as a psychotherapist, counselor and coach, the book lays out a revolutionary method for opening ourselves up to inner power and the feeling "full aliveness."

Cognizant that many of us feel we are "sometimes living *alongside* life, not really in it, as if there is a glass wall between us and life" Bachar has designed a step-by-step journey allowing the reader to find a path back to an open and expressive state of being. Her goal is to help reignite creativity, playfulness, open-heartedness and true

fulfillment.

Simply laid out and practical the book outlines the seven Gates of Power; the Gate of the body, of emotion, dialogue, creative expression, life path, silence and finally the Gate of knowledge. It is the identification and classification of the Gates of Power that sets this book apart. Additionally, Bachar discusses her guiding principles for achieving an accelerated self-actualization through what she calls "The Four Commitments". Throughout the book, Bachar draws on her wealth of experience with individual clients to give examples and explain her concepts in detail. The method unifies her knowledge of psychology, the creative process, the body and its energy, goal setting technology as well as spirituality.

About the author: Nomi Bachar is a self-actualization expert, coach and former psychotherapist. For the past 25 years she has been counseling, lecturing, leading workshops and working with groups. She lives in New York, NY.

About the book: **Gates of Power: Actualize Your True Self** by Nomi Bachar

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