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“The Power of Receiving, is brilliant, elegant, profound, and enormously practical.”

—Christiane Northrup, M.D., New York Times bestselling author of *Women’s Bodies, Women’s Wisdom* and *The Wisdom of Menopause*

<p style="text-align: center;">The Power of Receiving A Revolutionary Approach to Giving Yourself the Life You Want and Deserve By Amanda Owen</p>
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From an early age, we’re taught about the importance of giving; we learn that a ‘good person’ is someone who gives to others and places the needs of others before one’s own. We cram our schedules full with obligations to acquaintances, friends and family; we neglect our own goals; and we don’t feel comfortable asking for help, let alone accepting it.

According to life coach Amanda Owen, our culture is experiencing an epidemic of over-extending. Too often, we are reluctant to embrace philosophies and behaviors that put our needs above, or even equal to, those of others for fear of being viewed as selfish. When this happens, the difference between what we give and what we receive becomes too great, and we end up overworked, overstressed and unfulfilled.

In her revolutionary new book, **THE POWER OF RECEIVING** (Tarcher/Penguin paperback; December 23, \$13.95), Owen argues that in order to lead happy, satisfying lives, we must learn to value receiving as much as we value giving. Receptivity is a skill that can be developed through exercises, goal-setting and introspection, all of which are described at length in the book.

Drawing from such wide-ranging inspirations as Eastern and Buddhist philosophies, quantum theory, and plain, old-fashioned common sense, **THE POWER OF RECEIVING** utilizes a simple formula: **Believe + Receive = Achieve**, to teach us how to open ourselves to life’s gifts, from small compliments to major opportunities.

Through entertaining yet powerful exercises, Owen shows us:

- How to gracefully accept compliments and gifts
- How to decline requests for time and energy without feeling guilty or coming off as selfish
- How to effectively manifest goals by becoming more receptive
- How to remain positive and open to good news in the face of disappointment
- How to communicate more effectively by cutting out complaining- cold turkey!
- How to use receptivity to improve relationships- or to find a partner who knows how to give!
- How to be a good parent while still finding time to nurture your own goals

Following in the footsteps of Tarcher/Penguin classics like Piero Ferrucci's *The Power of Kindness* and Dennis Merritt Jones' *The Art of Being*, **THE POWER OF RECEIVING** offers a simple approach to a more fulfilled life and an original road map that will help readers restore balance to their over-extended lives.

About the Author:



Amanda Owen is a consultant-coach in the areas of spirituality, empowerment, and self-improvement, and has created the transformative “Receive and Manifest” seminars and workshops. Her research over the last twenty years into the nature of receptivity and its link to manifestation, along with her studies in quantum theory and Buddhism, led her to develop a system that helps people manifest the lives they want by developing their capacity to receive them.

THE POWER OF RECEIVING
A Revolutionary Approach to Giving Yourself the Life You Want and Deserve

Amanda Owen

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