



The Journey to Inner Power: Self-Liberation through Power Psychology

Shai Tubali

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If we could take the most intense and penetrating look into our psyche and strip away the layers, what would we find at our very core? Could we find the key to psychic health that unlocks our full creativity and potential? Working with hundreds of people around the world, therapist and author Shai Tubali came to realize that it was power that drove the human psyche: the primal urge for power, the loss of power, and the entangled and confused desires to regain power in our lives. Tubali created 'psycho-transformative processes' to enable the men and women he worked with to uncover these hardest, hidden and most denied parts of the self, and then guided them to transform these parts into a source of true, revitalizing inner power. The Journey to Inner Power sets the reader on this challenging new path to self-knowledge and self-liberation.

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