



# **The Power to Stop: Any Out-of-Control Behavior in 30 Days: Stopping as a Path to Self-Love, Personal Power and Enlightenment**

*Karen Bentley*

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The Power to Stop is for everyone who wants to use the power of non-romantic love to stop an out-of-control behavior, bad habit or addiction. It's revolutionary because it teaches stopping as a set of four practical, easy skills to be learned in a systematic, 30-day training program format. An ordinary unwanted behavior is exploited to accelerate spiritual growth, connect with God and to experience a deeper, richer meaning in life. Take the easy leap from wasting your life to saving it with love. This 100% uplifting, fear-free message is not available elsewhere.

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