



## **New Book Empowers Readers Seeking Personal Transformation in the New Year**

*Issues of insecurity, emotional stress and self-awareness tackled in encouraging read*

St. Paul, MN (Vocus/PRWEB) January 26, 2011 -- As the new year begins, many will confront the issue of personal change, and a new book provides advice and resources that challenge readers to live their best life.

In her second book *Your Positive Potential: Action Steps for Self-Empowerment*, author Krystalina Soash brings readers a compilation of personal experiences, stories and advice for moving past personal hardship to live a more productive life. Aiming to solve society's common problems of insecurity and depression, the book demonstrates ways to exercise self-discipline and provides simple techniques to empower individuals to take action.

"It is possible to overcome old wounds with proper professional guidance," says Soash. "The outcome afterwards is a peace with oneself that surpasses all understanding."

Detailing many personal experiences, Soash seeks to illustrate that personal transformation is possible with effort. An interactive section called "Life Experiment" separates the two halves of the book, encouraging readers to understand that the past is gone and cannot be changed.

Centralized in the areas of self-awareness, health, meditation and relationships, *Your Positive Potential* contains further recommended reading, proactive resources in asking for help and a 12-page journal for personal notes.

"My own personal transformation is a miracle, and this book encourages positive personal transformation for others," says Soash. "I want readers to know that there are others out there willing to help them get past old wounds and live productive and fulfilling lives."

For more information, visit <http://www.yourpositivepotential.com/>

### About the author

Krystalina Soash is a freelance internet research specialist, writer, and certified meditation instructor in Oakdale, Minn. Intrigued by human behavior and social interaction, Soash holds a bachelor's degree in psychology and an associate's degree in sign language interpreting. She enjoys volunteering in the community as a public speaker, musician, and puppeteer. This is her second book.

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