



# Hands On The Wheel: Getting Control Of Your Life

*Sheena Monnin*

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## **Hands On The Wheel: Getting Control Of Your Life** Sheena Monnin

Sometimes life seems out of balance. We feel uncertainty closing in around us. Our circumstances, our environment, or our own thoughts start to control us. Stress levels increase. We begin to give control away, one decision at a time. Before we know it, our lives are going in directions we never foresaw or wanted.

There is a way to stop this from happening. We can choose to put ourselves back into the driver's seat of our lives, put our hands on the wheel, and move forward with purpose and integrity. Hands on the Wheel: Getting Control of Your Life discusses the dangers of giving your personal power away and shows you how to regain control of your life in healthy ways. It's never too late to start the journey back toward personal empowerment.

Some of the topics Covered:

- Boundaries
- People Pleasing
- Bullying and its Side Effects
- How to Handle Long Term Stress
- Regaining Lost Ground
- Reality Checks
- Developing a Safety Net
- The Power of Choice

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