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True Power

Caleb Young
Caleb Young
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True Power validates almost every good lesson for life espoused by mothers and fathers for years, including the founding father's famous dictum of "early to bed, early to rise."

Caleb Young's ambitious undertaking is a motivational speaker's seminar in print form. At fewer than sixty pages, it can be read in an hour or less. The author emphasizes the twelve most important parts of the text in bold print and encases each in a bordered box marked "Thought to Retain."

Young claims that by following his program, not only can people kick bad habits like smoking, but they can also accomplish their dreams and lead healthier, happier lives. He even includes a chapter on how to get a good night's sleep—something Young believes is a priority for anyone seeking to live a healthy life, let alone wage war against depression, stress, and negativity. The book includes a good deal of old-fashioned, sage advice as well as a few modern personal techniques for self-empowerment. When combined, they build a complete battle plan for change. The author claims that this approach works well for him, and for others with whom he has shared his positive get-up-and-go strategies.

There are no magic potions or appeals to divine intercession in *True Power*. The author is not trying to sell anything and does not espouse prayer or meditation, although he does recommend some "light yoga" and advises that "calmness preserves your energy for Intent and Focus." Young encourages readers to find and tap the "light" within, instead of looking to others to solve their problems.

"When things are dark all around you," writes Young, "do not look around for light when you have the power to become that very light." Finding that light is one thing; turning on the switch is another. To that end, the author has developed what he calls "Ghost Training" and "The Power Word." He also presents a useful tool he calls the "war game calendar": a simple system using a journal and a calendar to track and reinforce progress in the "campaign." Acknowledging that there will be defeats in this campaign is important, says Young, but even more important is his exhortation to "not give up even if things go terribly wrong."

True Power does not present much else besides the war game calendar that is new, and Young's ideas are not revolutionary. He simply takes good, sound, practical advice doled out by generations of positive thinkers and presents it in a program he believes will help those who want to help themselves.

MARK G. MCLAUGHLIN (November 8, 2011)

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