

# THE Critic's BOOKSHELF

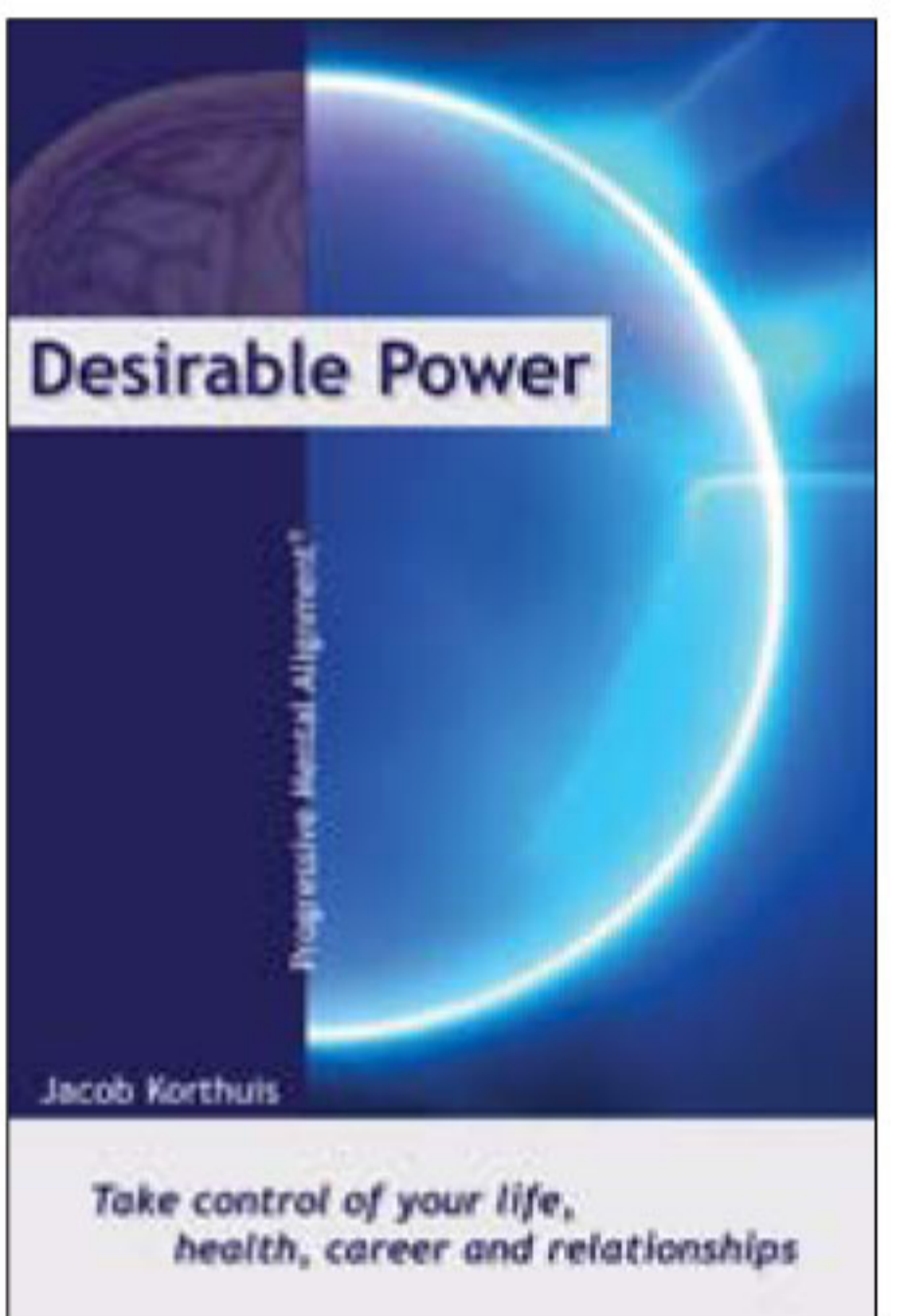
## SCIENCE / NATURE



**Desireable Power: Take Control of Your Life, Health, Career and Relationships**  
Progressive Mental Alignment® (PMA) is a new coaching and self-help technique based on the discovery of hidden subconscious programs that determine, or at least have a strong influence of 75-percent of our beliefs, decisions, actions and behavior. These programs, called bad clusters, are responsible for all psychosomatic complaints. PMA is the technique to find these subconscious programs and transform their negative power into inspiring and healthy energy. In Europe, PMA is increasingly used in healthcare, the business world, school systems and government organizations. *Desireable Power* is easy to read and shows the scientific background of PMA and how it works.

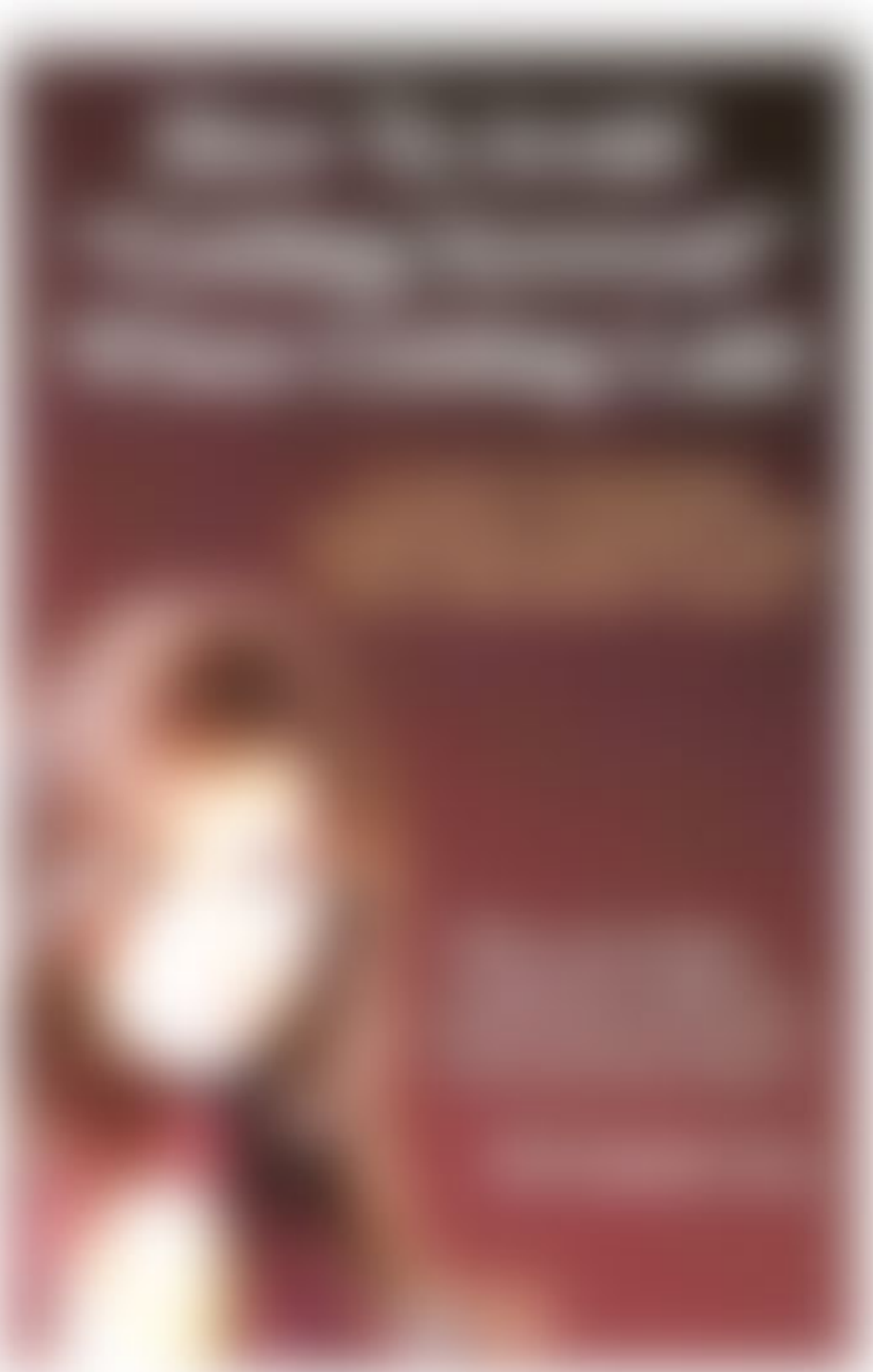
Author: Jacob Korthuis and PMA Institute    ISBN: 978-0978659813    Pub Date: 2009  
Soft Cover, 315 pages, List Price: \$29.95  
Contact: [info@pmainstitute.com](mailto:info@pmainstitute.com) or 407-343-1555  
URL: [www.pmainstitute.com](http://www.pmainstitute.com)

## SELF HELP



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