

## **New Book Harnesses the Explosive Power of Three to Maximize Mind, Life, and Business**

*Author Jennifer Touma teaches personal effectiveness through self-direction in amazing new program she reveals in “Moments of Impact”.*

Salem, N.H. ([PRWEB](#)) August 28, 2013 -- Jennifer Touma (<http://mindscapemind.com>) is an expert at teaching [personal effectiveness](#) through self-direction. Also known as a peak performer’s strategist, Touma is a certified international mental game coach, certified meta master practitioner in NLP, author, speaker, and workshop leader with a 2nd degree black belt in martial arts. She created and hosted her own cable TV show on leadership. Her teachings have proven to be an invaluable resource for organizations and people complete with [leadership principles](#), neuroscience, psychology and behavioral perspectives, and martial arts mental disciplines.

In response to the changing world around us and the way people are affected by change, Touma will release *Moment of Impact: Harness the Explosive Power of Three to Maximize Your Mind, Life, and Business* a practical guide to help you become self-directed, so that you decide what to think, rather than having your thoughts and emotional moods determined by the environment, the situation, the moment, or by others.

Within the book’s every story, example, and teaching moment, there are timeless certainties that show readers how to become self-directed and personally effective.

The reader will learn how applying the power of three—managing yourself, your thinking, and your inner strengths—aligns alongside their own experience to become self-directed and aware in the moment.

Touma defines a moment-of-impact experience as the confluence of thought, emotion, and action. Touma says, “It’s that exact microsecond when you respond to the moment of challenge, adversity, or opportunity—especially when these moments are unexpected—while remaining confident, decisive, and empowered.”

Touma has condensed the book’s powerful messages into coaching and seminars tailored for corporate and [professional](#) groups. Her moment of impact book and speaking materials are based on a personal life threatening incident, and her experience as a mental game [leadership coach](#), a martial artist, an agent of change, as well her extensive background working in corporations.

“Every performance is your moment of impact,” Touma explains. “You’ll rise to every occasion and meet every challenge feeling confident, decisive, and empowered —No Matter What!”

*Moment of Impact: Harness the Explosive Power of Three to Maximize Your Mind, Life, and Business* will be available in all the major outlets and reading formats.

For media / speaking engagements contact: Jennifer Touma, 603-818-9209, [jatouma\(at\)gmail\(dot\)com](mailto:jatouma(at)gmail(dot)com)

For more information on this book, interested parties may log on to [www.Xlibris.com](http://www.Xlibris.com).



Jennifer Touma is a peak performer strategist, certified international mental game coach, certified meta master practitioner in NLP, author, speaker, and workshop leader with a 2nd degree black belt in martial arts, and a masters in organizational leadership from the military college in Vermont at Norwich University. She created and hosted her own cable TV show on leadership. Her teachings have proven to be an invaluable resource for organizations and people with insights from leadership principles, neuroscience, psychology and behavioral perspectives, and martial arts mental disciplines.



**Contact Information**

**Jennifer Touma**

603-818-9209

**Online Web 2.0 Version**

You can read the online version of this press release [here](#).