



The Second Circle: How to Use Positive Energy for Success in Every Situation

By Patsy Rodenburg

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The world's leading voice and acting coach provides a revolutionary program to focus your energy and connect with other people.

The world's leading voice and acting coach provides a revolutionary program to focus your energy and connect with other people. Are you as successful as you could be? Are your good ideas appreciated? Could your sex life be more fulfilling? In this high-paced yet lonely world, Patsy Rodenburg teaches you how to communicate more effectively and intimately?at home, at work, at school, and, most importantly, with yourself. Her remarkable program transforms your negative patterns of energy into a positive presence that she calls "the second circle"?the optimal state between the first circle of introversion and self-negation and the third circle of aggression and narcissism. Containing a wealth of insights that will break the habits that constrict your real power, *The Second Circle* helps you deal with the debilitating and manipulative behaviors of your immediate family, friends, and colleagues while bringing out their best qualities. Filled with easy-to-apply exercises (breathing, voice, posture), *The Second Circle*, in dealing with such emotional issues as loss, violation, and self-esteem, will begin a journey that will revitalize your life.

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