

About the Author

Sonja Onthank developed a life empowerment program supported with adventurous stories and fascinating explorations of Europe and the Tropics. This book demonstrates how optimism and courage is only half of the formula for success; colossal achievement comes from diligence and careful planning. Sonja makes it possible to define one's calling in life by looking at our genetic hardwiring, ethnic background and diverse set of learning experiences. From here we glean on ambitions that wait for a transformation to occur. We are reminded that willpower, tenacity and resources enable realistic goals.

This author has an uplifting approach. She introduces a remarkable tool—**Weekly Intentions**[®]—to shortcut the framework of a daily journal. Sonja splashes in a bit of lighthearted humor and a refreshing invitation to converse about our goals, virtues and expectations. She eloquently explains the essence self-awareness and concludes how psychology principles explain various personality types to help us actualize willpower in a unique way. From here we touch on Asian philosophies geared to happiness.

Life with a Passion contains a set of exercises that explore personal financial mastery plans. We see how time is exchanged for money, which provides energy to fulfill instinctual needs and desires related to sufficiency. Photographs offer a sentimental touch to blend an appreciation for the arts and poetry. This unforgettable *Journey of Discovery* voyages into the depth of one's inner potential and it extracts fuel for passion.

This is a must read book for young adults, parents or individuals interested in preparing a life strategy. It has an interesting approach to satisfy various readers congruently. Sonja's writing style is succinct, easy to follow and surprisingly appropriate for many age groups.