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YOUR PERSONAL POWER UP

*Five Steps to
Take Control
of Your Career*

**Brenda McGlowan-Fellows, Ph.D.
Claudewell S. Thomas, M.D., M.Ph.**

- Cover -

“Your Personal Power-Up”, based on award winning research, is a revolutionary guide that enables you to peel back the layers and discover your true self. It will give you the tools to tap into your true potential, embrace change, and be comfortable in your own skin by helping identify factors that have shaped you and resolve contradictions that influence your decisions. ***The result: a more confident and successful you, both in career and in life.***

With a large amount of our time spent at work, the book delivers straight-forward, easy-to-follow techniques designed to lead you to success both professionally and personally; success that translates into personal empowerment and commitment, work enjoyment, satisfaction, and passion.

This isn't a book about making a new self; it's about discovering, celebrating, and empowering your “true self” – then guiding that **true you** to contentment in your career and life.

About the authors:

Brenda Fellows, Ph.D. is an award winning Industrial/Organizational Psychologist, professor, author, speaker, and corporate consultant to major global corporations both private and public. Dr. Fellows has spent her twenty year professional career in sales and marketing management, training and development, finance and administration, operations management, and business development within Fortune 500 corporations. Her expertise is in the area of industrial/organizational psychology, social psychology, organizational behavior, organizational development, behavioral management and human resource management.

Dr. Fellows is President and CEO of Fellows Corporate Consortium, LLC, a global management consulting firm. The firm has professional consultants with an average of over 30 years of expertise in the fields of Industrial/Organizational Psychology, Social Psychology, Organizational Development, Organizational Behavior, Behavioral Management, Human Resource Management, Mental Health Administration, Sociology, Clinical Counseling, and Curriculum & Instruction.

Dr. Fellows is currently an Adjunct Professor in the Haas School of Business at the University of California at Berkeley. She provides instruction to learners and executives in graduate programs: Doctoral, MBA and MIB in Silicon Valley and internationally: France, London, Switzerland and Singapore. Visit her website for more information.

Claudewell S. Thomas, M.D., M.Ph. is professor emeritus of psychiatry and biobehavioral sciences at the David Geffen School of Medicine UCLA. He has over forty years of teaching and administrative tenure at Yale, the National Institute of Mental Health (NIMH), New Jersey Medical School, the Los Angeles County of Mental Health, and UCLA.

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