

# ***MASTER YOUR SUPERPOWERS***

AN INVALUABLE RESOURCE FOR CREATING A HAPPY LIFE

**ALICE INOUE**

## DEDICATION

To my readers, who inspire me to write every day.

# SPECIAL ACKNOWLEDGMENT

## **Alan**

You continue to inspire me with your wisdom, dedication, authenticity, and guidance. I credit you with where I am today. You've influenced my path in life profoundly, and I am deeply grateful for the life we share.

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# INTRODUCTION

The purpose of this book is to help you live your life to your best potential by understanding and developing your unique superpowers in a fun, yet significant way. You came into this life as a powerful human being, fully equipped with everything you need to master life, but you may have gotten sidetracked or knocked down by life's challenges.

If you've forgotten how to access your powers, feel a bit weak in life mastery, or simply need to gain confidence in yourself and life once again, I'd love for this book to be your guide. The ability to find the strength of who you are and remain positive in every situation that comes along is something we can get good at if we know ourselves and our best life strategy. The more we can live in our authentic power, the better we can handle anything that comes our way.

For ease of use, I've divided the book into four parts. In Part One, I share the ancient five-element system of Water, Wood, Fire, Earth, and Metal that is commonly used in eastern philosophy and energy disciplines. These five elements are symbolically represented within our personalities in varying degrees.

To identify your strongest elements, I've created a simple quiz for you to take. The results from the quiz will reveal your top two dominant elements (out of five) and will relate them to two superhero archetypes you will most closely identify with. I've personified these elements and presented them symbolically in the form of archetypal superheroes.

In Part Two, you will discover your own personal *Integrated Archetype* (IA), which is a blend of your primary and secondary elements. Every IA has a section devoted to it and offers an abundance of insight and guidance specific for that archetype. You'll also be able to better understand your IA self as well as your compatibility with others. There are twenty Integrated Archetypes in total.



Part Three is an organized list of the most common weaknesses characteristic to your Integrated Archetype. Everything from anger and fear to negative self-talk and procrastination is addressed, and simple direction and guidance for each are offered to help you to overcome or at least neutralize them so they don't hold you back in this journey of life.

Part Four places focus on the superpowers we all have as human beings, as well as the superweapons we can use to get through life more easily. This information will make a big contribution to allowing you to experience life in a positive and empowering way, no matter what challenges you may encounter. From appreciation and gratitude to visualization and manifestation, everything you need to be your most powerful self is here.

I believe that every one of us has universal "superpowers" within us that are unique to who we are, just waiting to be tapped into, developed, and fully utilized. This book is a fun way to identify with your superpowers, increase your arsenal of positive life "superweapons" and get direction on how to master them so you can transcend your personal life challenges.

Ultimately, we are most inspired when we know how to use our own, unique superpowers to help others move through their lives in a more positive and joyful way. May this book guide you towards your most powerful self!

# PART ONE

## LIFE, ELEMENTS, AND SUPERHERO ARCHETYPES

