

Power plant

"Dedicated to all young dreamers striving for a brighter tomorrow, this book is a beacon of guidance through the tumultuous seas of youth. Addressing crucial topics such as sexuality and addiction, it offers not only insights but also real-life stories of triumph. With a keen eye on emerging trends and life's realities, it serves as a compass for navigating the complexities of modern life.

From heartfelt open letters to practical advice, this book is a must-have for parents, educators, psychologists, and religious leaders alike. It champions the importance of total wellness, advocating for a balanced approach to physical, spiritual, and social well-being.

Join us on a journey towards empowerment, resilience, and fulfillment. Together, let's equip our youth with the tools they need to flourish in today's world and beyond."

ABOUT THE AUTHOR



The writer is a child of God who believes in family. He has spent time, energy and resources in advocating for total wellness of the human body and soul. He is enthusiastic about healthy living, close walk with God and healthy environment of the physical and mental. He is a public speaker, teen coach, team building and training expert, fitness instructor and the C.E.O of GORBA TOTAL WELLNESS SERVICES. He has also been a columnist in the Education Newspaper.

He is a teacher by profession and at heart; as well as psychologist. He is an active member of ZIWANI SDA chaplaincy and is currently based in Mombasa.

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Mike Ochieng

POWER PLANT

present, future me



MIKE OCHIENG ODHIAMBO
"GORBA"

