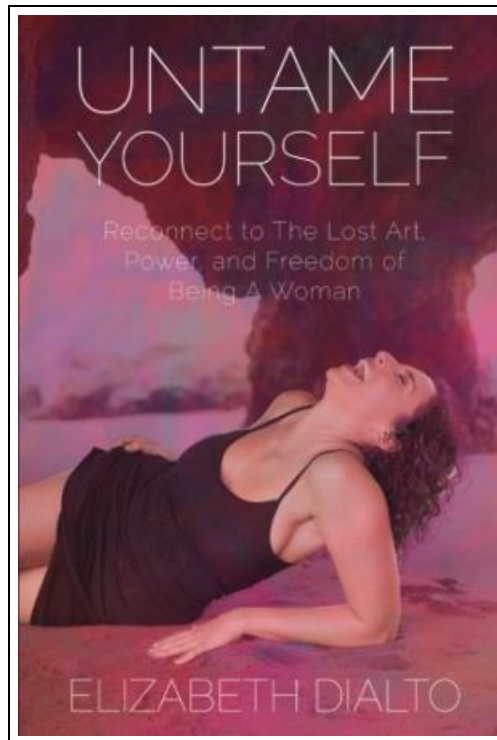


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UNTAME YOURSELF: RECONNECT TO THE LOST ART, POWER AND FREEDOM OF BEING A WOMAN, SECOND EDITION (PAPERBACK)

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Elizabeth Dialto, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Untame Yourself is about bringing women home to themselves in a grounded, practical and inspirational way centered around the belief that, Everything you ve ever needed has always been inside of you. It s about getting out of your head and into your body, creating better boundaries and using discernment. I write about not only relating to yourself in a more loving, peaceful and powerful way, but learning to communicate with others from a place of compassion with an open heart for more positive outcomes, greater intimacy, and deeper connection. Finally, the book also teaches you how to balance, integrate and harness the often unknown or misunderstood gifts in both your masculine and feminine energies. After being a personal trainer for years and teaching women how to work out, I realized the importance in my own life and that of clients of working in. That inspired me to create Wild Soul Movement in 2013. From there through my blog, a Facebook group with 3500+ members, YouTube videos, free online challenges, paid programs, courses, coaching, and a podcast, I became intimately familiar with the struggles of 21st century women. Some of those struggles include: - lack of trust, a need to control everything, and exerting an exhausting amount of force, effort and energy to make things happen all the time. - body images issues ranging from never feeling comfortable in your skin to intense eating disorders and chronic self-loathing. - terrible boundaries, incessant people pleasing, putting yourself last and the stress, resentment, low energy and even illness that comes with it. - highly unsatisfactory relationships in all categories, romantic, family, professional, and friendships. - shame, low-self-esteem and harboring secrets, or emotions you don t...



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