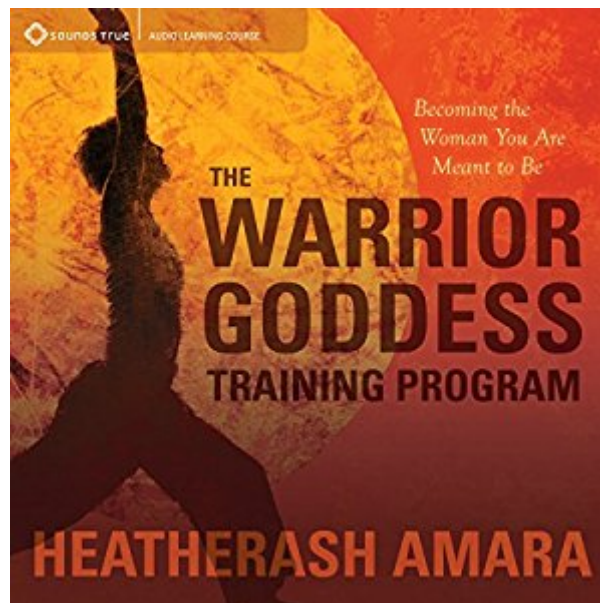




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The Warrior Goddess Training Program: Becoming The Woman You Are Meant To Be



Synopsis

I am whole. I am powerful. I am divine. When you say these words, do you feel the weight of self-judgment and doubt? Or do you feel their truth ringing in your bones? "A Warrior Goddess," teaches HeatherAsh Amara, "is one who dares to face her fears and doubts, claims the ancestral power that pulses through all women, and lives it with unstoppable purpose, energy, and compassion." With The Warrior Goddess Training Program, HeatherAsh Amara guides us through her book's 10 transformative lessons, enriched here with many new tools developed in her popular workshops. This practice-intensive experience merges the Toltec values of fearless self-reflection and determination, Buddhist insights for finding clarity and presence, and Earth-based goddess principles of pleasure, creative play, and unconditional love. Each session engages us with teachings, questions for self-reflection, meditations and healing practices, ritual-building, and more. The purpose? To release the "never good enough" beliefs that hold us back and to honor ourselves with every fiber of our being. The 10 lessons: Commit to you Align with life Purify your vessel Ground your being and free your past Energize your sexuality and creativity Claim your strength and ignite your will Open your heart Speak your truth Embody your wisdom Choose your path

Book Information

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Customer Reviews

This was an interesting journey for me. I really enjoyed the first 3/4 of the book and associated assignments. The last quarter went left and I went right. I'm glad to have experienced it. I am moving towards a better place personally and this has helped me.

An excellent guide towards wellness of body, mind, and spirit. A wonderful addition to the "tools" of guidance along my journey.

Listen to it in my car. Very helpful. Inspirational

Not what I expected. She is sophomoric and seems to copy Brene Brown's approach down to the words and phrases she uses. Not happy, may return it.

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