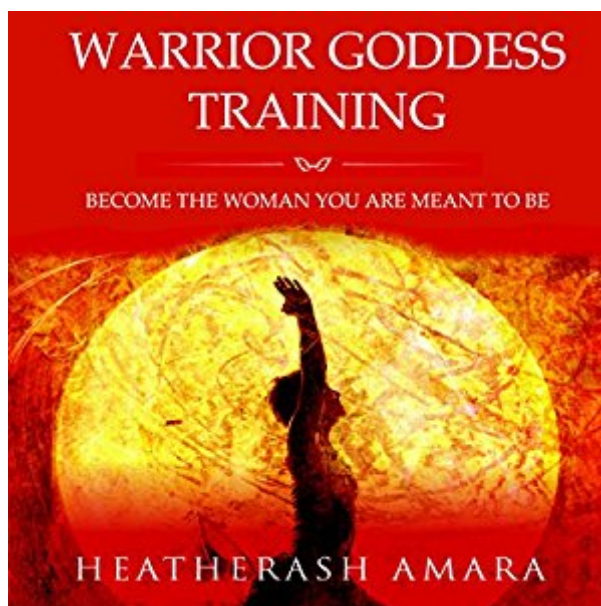


The book was found

Warrior Goddess Training: Become The Woman You Are Meant To Be



Synopsis

It's no secret that women today are juggling a lot. We now make up more than half the workforce in the United States and are busier than ever with partners, children, family and friends, often putting the needs of others ahead of our own. And if we feel overwhelmed by it all or fall short of perfection, many of us have learned to be our own worst critic rather than our own best friend. In *Warrior Goddess Training*, best-selling author HeatherAsh Amara provides the antidote to the flawed idea that you are not enough. Direct, honest, and unapologetic, Amara will show you how to release the layers of expectations to finally see yourself for the authentic, perceptive, perfect woman you really are. If you don't love and honor yourself with every fiber of your being, if you struggle with owning your power and passion, if you could use more joyful play and simple presence in your life, then it is time for an inner revolution. It is time to claim your warrior goddess energy. Drawing on the wisdom from Buddhism, Toltec wisdom, and ancient Earth-based goddess spirituality, the warrior goddess path includes personal stories, rituals, and exercises that will encourage and inspire you to become the true warrior goddess you are meant to be.

Book Information

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Customer Reviews

Reading *Warrior Goddess Training* was a homecoming, having known I was lost, but not knowing where. In some ways, it was as though in my life, I had been eating a specific food dish that I loved, but had no idea what it was, impossible to name. I had tasted this before...what was it? Eggs perhaps, milk, a fragrant but unfamiliar spice. It wasn't until I read *Warrior Goddess* that I finally

understood that I'd been eating cake, not an omelette. I have done a lot of personal work throughout my life, having been born into deep and enduring trauma, and simultaneously with a desire deeper than the trauma to understand why I am here. I have felt alone almost all the time. I grew up knowing I was 'nothing'. Despite many academic and career achievements, I was fake- but only I knew it. As I slowly came to see that the stories that I had been told were my life did not necessarily constitute my lived reality, I felt alternatively insane, confused, and depressed; I was living in a world in which I didn't belong. I viewed my life through broken glasses, skewed lenses, holding my fear, which pinioned me to my martyrdom. All around me confirmed the inappropriateness of Me. Warrior Goddess was a powerful hand that reached out and gently parted a dense field of flowers, showing me a possible hitherto undetected path into my authentic, beautiful life. Most crucially, Warrior Goddess confirmed my internal inherent sanity and radiance, while I was drowning in an unrecognizable external world apparently relieved of those particular burdens.

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