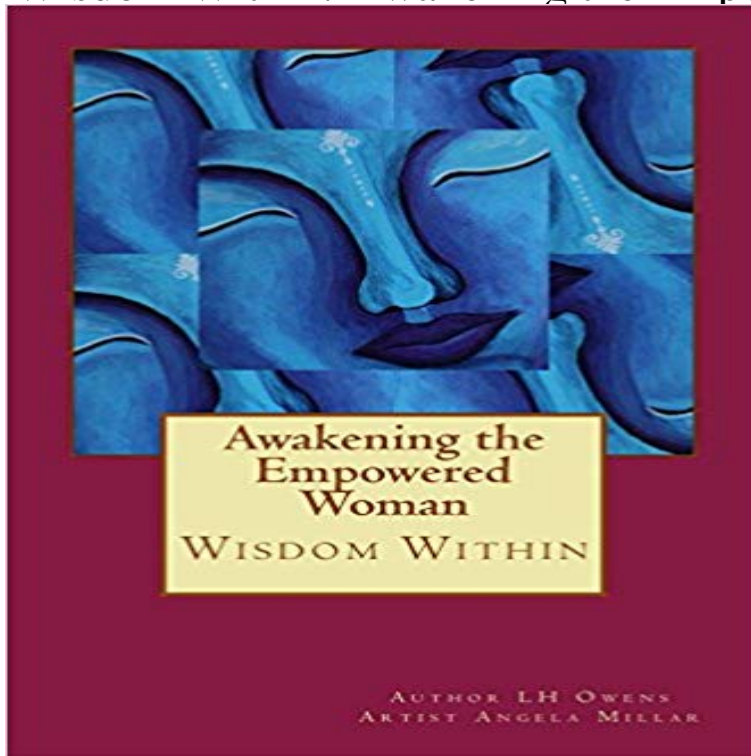


Wisdom Within: Awakening the Empowered Woman



Wisdom Within: Awakening the Empowered Woman is a motivational self-help book created for women seeking to regain their confidence and take back control of their emotions. It contains psychological self-healing techniques which can help you; Overcome depression and anxiety Overcome emotional challenges Learn self-love Become confident Conquer your fears Become an Empowered Woman LH Owens strongly believes that all women are born with the potential to become an Empowered Woman all women can learn to live confidently and fearlessly . all women have an Inner Goddess that deserves to be honoured and respected. She is confident this book can teach how to; Reclaim your personal power as a woman Learn to deal with emotionally toxic people Dream beyond the restrictions imposed on you by others Confidently step out of your comfort zone into a new reality Attract personal abundance LH Owens battled with depression and anxiety for over 15 years, in this book she gives an emotionally raw insight into how she survived through sexual abuse, drug addiction , domestic violence and suicidal tendencies It has been a tough road to travel, but it has also been a very empowering experience. I am now at a point in my life where I am fearless and confident in expressing my authentic self, can bravely face all emotional challenges head on and I have won my battle against my depression and anxiety Do you want to become Emotionally Confident? Do you want to become Emotionally Fearless? Do You Want To Become An Empowered Woman? Dont hesitate any longer, begin your journey - Awaken the Empowered Woman Book Quotes All Empowered Women are on a journey where they will face many personal challenges through which they will transform and be reborn, like a phoenix rising from the ashes. You dont

need anyone to reassure you that you are an Empowered Woman.. Be boldly and bravely Who You Are. You are a Goddess who does not need approval or validation from anyone Embrace your uniqueness and honour your Inner Goddess so others can learn how to embrace and honour you. Love yourself unconditionally so others can see how you deserve to be loved. The moment an Empowered Woman realizes her limitless potential for greatness..She no longer needs the stars in the heavens to guide her, she becomes a universe housed in a human body. An Empowered Woman is always battle ready, she is a warrior goddess who trusts in her ability to be her own champion. . She endures when she must but also unapologetically kicks some A** when she must.. .. She does not repress her emotions, she feels them acutely with her entire being, but doesnt allow them to control her. She is not a slave to her mind, she is the master of it.

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