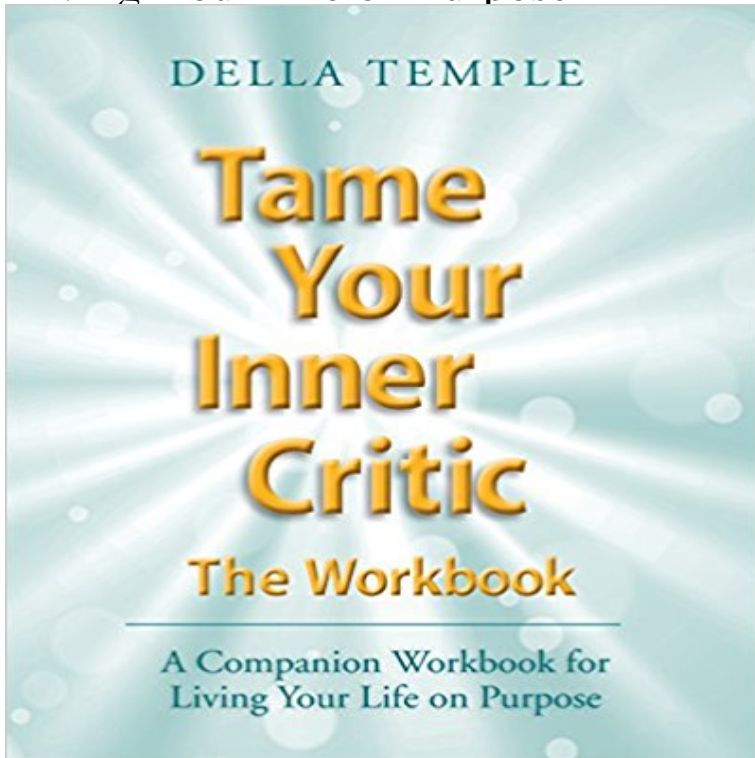


Tame Your Inner Critic: The Workbook: A Companion Workbook for Living Your Life on Purpose



If your inner dialog is driving you nuts, then you've come to the right place. Filled with over 40 exercises and meditations that take you from monkey mind to quiet, peaceful and calm. And beyond! Taming your inner critic is a process of removing the shoulds - the judgments - and the criticisms from your space so that your own true wisdom can shine through. This is a companion workbook to Della Temple's Nautilus Silver Book Award winner, *Tame Your Inner Critic: Find Peace & Contentment to Live Your Life on Purpose*. Once you've cleared your mind chatter, you will be ready to move on to finding the peace and contentment you crave. You will learn how to ground to the earth, fill in with your own life force energy and set your energetic space. You will find ways to tap into your inner wisdom and chart your course to a life full of purpose and meaning. Come join us on this journey of discovery - uncovering your innate beauty, allowing you to stand tall and shine bright.

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