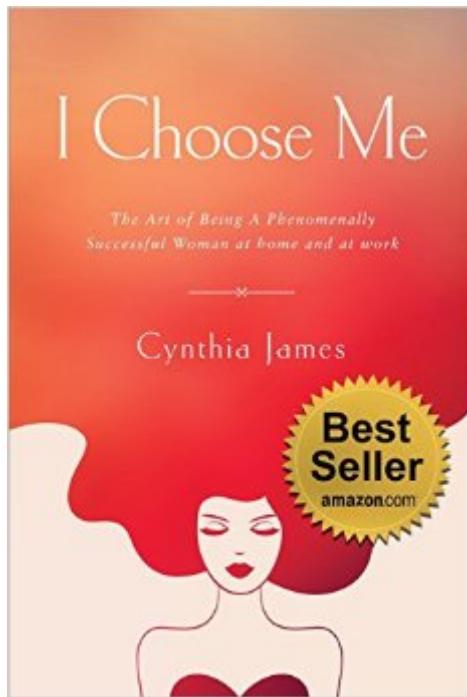


The book was found

I Choose Me



Synopsis

For any woman wanting to live a bigger life It is for you if you are feeling a call to bring your voice to the world, your community, your relationships or your career. The women we admire today got to where they are because they have a vision, activated creativity, up-leveled their skillsets and dared to be bold. They are not the exception. Learn to create the life of your dreams Expand visibility on the world stage Establish Health in Relationships Re-learn the power of play Create Powerful and engaged teams

Book Information

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Customer Reviews

Did you forget to put yourself on your Ã¢ÂÂœto doÃ¢ÂÂ list? Are you in need of a pick me up for yourself, or a gift for a girlfriend, this book is your only choice. You will walk away with tools and knowledge to create the life of your dreams. One page at a time Cynthia will educate you on tools, connect you to yourself and inspire you to take action. There are authors who write books and authors who live their message. Cynthia James is the latter. Cynthia lives her message with every breath of her being. To live your highest and best life Ã¢ÂÂ“ read this book today and share it with your friends and family. I can't recommend Cynthia's work, coaching, books, classes, workshops and keynotes high enough. [...]

Super inspiring! What a vision Cynthia James has had to inspire women around the world to deeply consider themselves, put themselves first, connect with their inherent beautiful and grace-filled nature, and really step forward in the world to SHINE. This book is so rich in that it has the

contributions of many other inspiring women who share their stories of deepening and awakening within themselves to shine greatly. A real treasure!

oh this book is like hanging out w the coolest girl with the warmest heart and the wisest words!! I love Cynthia James' latest teaching, exercises, stories and inspirations for women about women loving, choosing and thriving. You'll be SO glad you read this book!

"She has seen the worst of life and has chosen to live with the highest ideals," says author Sonia Choquette. Many people can relate to being raised with an overall message of "life is struggle" or "life is pain," even as in our childhood we dream of so much more for ourselves. Cynthia James worked to create the life she envisioned, and models it for the rest of us while she shows us how to break out of the box. She quotes Ralph Waldo Emerson: "To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment." This is a book that came from her living what she believes-- and who among us doesn't want to do this??

This is a handbook to a fuller life, regardless of gender. Too often we're driven to succeed with those outer goals and lose ourselves along the way. The subconscious is one million times more powerful than the conscious mind and unless we start with understanding ourselves, we will end up at places we don't want to be, unhappy and bewildered. This will help you become your higher self.

Cynthia James has written a very knowledgeable and interesting book. Drawing on her own training and life experiences as a child of violence and abuse, she helps women and men understand and promote positive change in women's roles in society. This book is filled with practical advice to help women realize meaningful and equal roles and to learn how to create the life of their dreams.

I bought this book because I know so many women in my life (mother, mother-in-law, wife, etc.) who have placed everyone else's needs above their own. James gives an incredible self-reflection and manifesto for making a shift--for what others deserve to do if they are not doing it already: investing in the self for an even greater leveraging to ultimately be able to help others even more someday by not forgetting self-advocacy. Brilliant.

Cynthia James is an inspiration! Even the book title, "I Choose Me" declares how important it is to take care of ourself first so that we are in the right state of mind and place to be the best for others.

She shares with us ways of doing just that. This is a very important book for everyone - including men who have gotten lost in the shuffle of life.

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