

## Powerful And Feminine Rachael Jayne Groover

Accessible to anyone of any faith or background, *The Passion Test* takes readers on a journey to experience the transformation that occurs when they determine what really matters most to them. Through interactive sections, the book helps the reader to identify their top 5 passions, and provides guidance on how to align their life with those passions. Combining powerful storytelling and profound wisdom from the world's leading experts in self-development, *The Passion Test* shows practical ways how the law of attraction can be used to bring a life of unlimited reward and unconditional love. Bestselling spiritual author of *The Soul Searcher's Handbook*, Emma Mildon—the “goddess-messenger-girlfriend who may just lead you to your inner guru” (Katie Silcox, *New York Times* bestselling author)—provides a fascinating, fun, and inspiring exploration of female divinity throughout history, myth, and religion to help women understand, embody, and celebrate their inner goddess. *Evolution of Goddess* is a practical introduction to the goddess realm, digging up the histories of long-forgotten myths of goddesses of love, war, death, the sun, the moon, and more. With this clear-eyed and spirited book, you can finally become familiarized with goddesses from a wide range of cultures throughout history, including the mermaids of the Atlantic, the empresses of ancient Egypt, the wise women of the Middle Ages, right up to the modern-day goddesses who walk amongst us today as humble light workers, educating and inspiring. Through a goddess assessment, you'll uncover your own goddess archetype and be given rituals, meditations, and exercises to tap and embolden your own feminine superpowers. Imbue your life with healing, invigorating goddess energy, and discover ways to harness your new empowerment to improve the world. Now is the time to reconnect with the strength and holistic spirituality of our ancestors—to trace the evolution of the Goddess.

*Powerful and Feminine: How to Increase Your Magnetic Presence and Attract the Attention You Want* Groover Seminars 21 Days to Feminine Magnetism is a book created to help you discover how shifting your energy and mindset is the key to attracting the man of your dreams. Each day you will do inner work that will help you get closer to your happily ever after. This workbook is an inspiring 21 day journey that will show you how feminine magnetism will get you #wifedup. Angela challenges you with her "wifed up assessments" and exercises to dig deeper into your old energetic programming and change your beliefs so that you may attract the type of man you truly deserve. You probably have never understood how powerful you are in your feminine energy but this book will help you to use that power to your advantage. This book is a printed edition of the Special Issue "Gender and STEM: Understanding Segregation in Science, Technology, Engineering and Mathematics" that was published in *Social Sciences*

When a woman embodies her feminine essence, her whole life is transformed. She becomes attractive, grounded, and

sensual. When she walks into a room, everyone appreciates the glow of her feminine radiance. All men notice her, including the healthy, loving, masculine ones she desires. She does not need to project a powerful persona to attract the respect she wants. A forced sense of masculine power is nothing compared to the ecstasy, empowerment, and effortless magnetism that are released when a woman activates her feminine essence. In this empowering book by inspirational speaker and facilitator in women's spiritual development, Rachael Jayne Groover, you'll discover: 35 practices that will increase your personal presence and magnetism immediately. How to be authentically powerful without intimidating or pushing others away. The 5 mistakes strong, independent women make in relationships with men. How to make peace with your sweet vulnerability and stop living with a guarded heart.

Since the end of legal segregation in schools, most research on educational inequality has focused on economic and other structural obstacles to the academic achievement of disadvantaged groups. But in *Contesting Stereotypes and Creating Identities*, a distinguished group of psychologists and social scientists argue that stereotypes about the academic potential of some minority groups remain a significant barrier to their achievement. This groundbreaking volume examines how low institutional and cultural expectations of minorities hinder their academic success, how these stereotypes are perpetuated, and the ways that minority students attempt to empower themselves by redefining their identities. The contributors to *Contesting Stereotypes and Creating Identities* explore issues of ethnic identity and educational inequality from a broad range of disciplinary perspectives, drawing on historical analyses, social-psychological experiments, interviews, and observation. Meagan Patterson and Rebecca Bigler show that when teachers label or segregate students according to social categories (even in subtle ways), students are more likely to rank and stereotype one another, so educators must pay attention to the implicit or unintentional ways that they emphasize group differences. Many of the contributors contest John Ogbu's theory that African Americans have developed an "oppositional culture" that devalues academic effort as a form of "acting white." Daphna Oyserman and Daniel Brickman, in their study of black and Latino youth, find evidence that strong identification with their ethnic group is actually associated with higher academic motivation among minority youth. Yet, as Julie Garcia and Jennifer Crocker find in a study of African-American female college students, the desire to disprove negative stereotypes about race and gender can lead to anxiety, low self-esteem, and excessive, self-defeating levels of effort, which impede learning and academic success. The authors call for educational institutions to diffuse these threats to minority students' identities by emphasizing that intelligence is a malleable rather than a fixed trait. *Contesting Stereotypes and Creating Identities* reveals the many hidden ways that educational opportunities are denied to some social groups. At the same time, this probing and wide-ranging anthology provides a fresh perspective on the creative ways that these groups challenge

stereotypes and attempt to participate fully in the educational system.

If you long for your dream life but feel trapped in mediocrity & disappointment then keep reading... Are you sick and tired of missing out in life & seeing everyone around you succeed, while you're left behind: broke in a job you hate, in a toxic relationship, or trapped in a body you're unhappy with? Perhaps you often close off parts of yourself you wish you could express, judge yourself, & feel ashamed? Society has conditioned you to suppress & shame the divine sensual part of yourself. Do you finally want to say goodbye to all of your wasted time & see what ACTUALLY works for you? You see, Manifesting all of your wants & desires doesn't have to be difficult, even if you feel like you've tried every other manifesting book & YouTube video already. Here's just a tiny fraction of what you'll discover!: The ridiculously easy way to hack your brain, boost performance, & release blocks holding you back from greatness (that you can do from home!) The fatal mistakes to avoid when attracting the partner of your dreams Scripting done for you! New easy to fill in powerful scripting templates Why modesty is harming you & attracting a mediocre life How you can easily release your whole life's trauma from your body at home & skyrocket your vibration What is preventing you from contacting your divine energy & what you must heal to fix it How you're unknowingly damaging your karma (& how to clear it) Why wasting your time spending every moment thinking of what you desire is hurting you A powerful EFT tapping guide to easily manifest your true love The mistakes to avoid & how to keep the relationship after you have manifested it This powerful secret to manipulate your vibration & attract that specific person These 20 new power affirmations that will have that specific person falling into your arms How to drive men wild with these divine feminine secrets Amazing daily manifestation ritual done for you! Simply rinse & repeat at home! How to create a supercharged manifesting potion with items that are in your kitchen \*BONUS\* Secret Formula Manifesting Toolkit Download Inside! Includes EFT Tapping Video, Journal, supercharged guided meditation MP3, & More! & much, much more! Take a second to imagine how you'll feel once you can effortlessly manifest your dreams into reality. Imagine your friend's & families' faces when they see your beautiful new life unfold! Even if you're broke, at rock bottom, or haven't been able to manifest in the past, you can mold your dream life starting today with the amazing secrets inside. You're holding the key to unlock literally anything you have ever dreamed of in life. It's time to take action! So if you're DONE with settling for a mediocre life, wasting precious time, & ready to live your wildest fantasies then click "Buy Now"...

Take on the world and allow yourself to be taken. This book is the law of attraction in relationship. Be a boss-babe or a rock star CEO, plan your kids and household like an absolute bad-ass - but if you also want to be desired and seduced, to surrender in a rapturous rendezvous with the love of your life, you need to learn your feminine energy of attraction. Come learn from a woman who has found a pathway to unrelenting desire, outrageous intimacy and the deepest, most profound love in a 20-year-long

relationship to one man, with four kids and two businesses in tow. Julie will revolutionise the way you relate to yourself and the ones you love, bringing deeper connection and richer intimacy. Enough mediocrity. Enough waiting. You are more powerful than that. This is for intelligent, magnificent women who: need help to move from boss-mode to queen-mode? crave more from their relationship, but don't know how to get it? know they're beautiful, strong and capable, but also crave to swoon into surrender with a partner? can no longer tolerate mediocrity in their relationship or life? want to understand feminine and masculine energy? are ready to step into their feminine polarity, igniting magnetism and desire at will? do not have a perfect body, a perfect relationship, a perfect household . . .

Dear Vulnerable is a journey of deep self-reflection documented with love for self and other women who are challenged to allow the power of the feminine to be her guide. I am a traveler and each day I journey into healing. I open up my life in service to my vulnerability and to other women who want to regain their feminine balance and begin manifesting their big life vision. I am committed to rejoicing in my feminine, and I hope that the clearing prayers, calling forth the feminine exercises and radiance brighteners that I share with you will help you to move closer to your balance. "I traveled to the cliff's edge and surveyed the landscape of my life from that vantage point. It was at that lonely bluff where I heard my Creator say, 'Believe, believe, believe.' "- Jada

You've been told that you must be strong . You know what you want and you think you know how to get it, but no matter how hard you try, you still feel like there's "something missing," you are overworked, tired, and ready to give up. Author Candice Adewole knows your struggle and, more importantly, knows how to get you headed in the right direction. The Black Girl's Guide to Being Blissfully Feminine was written with you and countless other wonderful women like yourself in mind. It is more than a book. It's a movement - a movement toward the very things you were put on this Earth to do: love unconditionally, nurture without fear, and live your truth. Part inspirational guide, part how-to manual, this book will not only walk you through the process of embracing your femininity, but will introduce you to all the benefits that can come from opening up your heart and your life to the possibilities. If real love and commitment are what you're after, this book is for you. If attracting the right man and building a strong foundation for your family with him is what you desire, this book is your answer. If being magnetic and powerful is what you want, then this book is for you. If bridging communities and mending relationships are something you aspire to do, this book will give you practical everyday tips on how to do that. If the idea of living blissfully in your true feminine essence is your idea of living wholly, this book is what you need. What are you waiting for? The key to your bright, beautiful future is here, waiting for you to open your heart and your mind to all the wonderful possibilities. Buy your copy today!

You can have it all: calm confidence, sublime romance, fulfilling work, absolute inner and outer beauty, empowered children, and a cure for the pervasive ache for something more. In Resurrecting Venus you will learn how to dissolve the barriers separating you from the life you were created to live and connect to your unique life purpose, forever free of outside expectations. Author and inspirational teacher Cynthia Ocelli will walk beside you as you travel the path to the life you've always wanted and are reunited

with your feminine essence. Written in her characteristic soothing yet direct style, Cynthia dispels the myths surrounding feminine power and explains where the feminist movement went awry, resulting in women carrying unnecessary and untenable burdens. Using real life examples and her own stories of triumph and loss, Cynthia will show you how to find and resurrect your inner Venus.

Are you living your richest, gutsiest, juiciest life? Do you feel all the exquisite bliss and sweetness you can imagine? If not-if you aren't experiencing the abundance and personal freedom you crave; if you're not vitally and deeply connected with your loved ones; if you're unable to attract and maintain a soul-nurturing, awe-inspiring, passionate primary relationship-it can only mean one thing. You are not expressing the full truth of who you are. Well, it's time to change that! Juicy Joy is a streamlined path to radical authenticity and the ability to flat-out adore that precious, imperfectly perfect you. Living juicy-joyfully is not a matter of adding anything to yourself. It's simply a matter of shedding the limitations that separate you from your true core being-the limitations that trap you in the numbness and detachment that have become distressingly "normal" in our culture. Wouldn't it feel amazing to trust your instincts and fearlessly act on them? Isn't it time to gain mastery over your experience of life, shed victimhood, and learn to honor the voice within you that always, unfailingly leads you to your greatest joy and highest truth? Juicy Joy is an invitation to a bigger life-a deeper, richer, more rewarding existence. And it will launch you into an enduring love affair with your glorious, genuine self!

Feminine traits that were once disparaged as weaknesses--such as sensitivity, intuition, and feeling emotional--are reclaimed as powerful strengths that can be embraced as the keys to a happier life for everyone Challenging old and outdated perceptions that feminine traits are weaknesses, The Feminine Revolution revisits those characteristics to show how they are powerful assets that should be embraced rather than maligned. It argues that feminine traits have been mischaracterized as weak, fragile, diminutive, and embittered for too long, and offers a call to arms to redeem them as the superpowers and gifts that they are. The authors, Amy Stanton and Catherine Connors, begin with a brief history of when-and-why these traits were defined as weaknesses, sharing opinions from iconic females including Marianne Williamson and Cindy Crawford. Then they offer a set of feminine principles that challenge current perceptions of feminine traits, while providing women new mindsets to reclaim those traits with confidence. The principles include counterintuitive messages, including: Take things hard. Women feel things deeply, especially the hard stuff--and that's a good thing. Enjoy glamour. Peacocks' bright coloring and garish feathers are part of their survival strategy--similar tactics are part of our happiness strategy. Chit-chat. Women have been derogated for "gossip" for centuries. But what others call gossip, we call social connection. Emote. Never let anyone tell you to not be emotional. Express your enthusiasm, love, affection and warmth. Embrace your domestic side. Don't be ashamed to cultivate the beauty of your home and wrap your arms around friends and family. With an upbeat blend of self-help and fresh analysis, The Feminine Revolution reboots femininity for the modern woman and provides her with the tools to accept and embrace her own authentic nature.

This is the book that no man wants you to read... Countless women play by the bias male rules of dating and relationships, one

that keeps them in a constant state of stress and worry. Victims of romance instead of masters of love, today's women settle for cheap dates and cheaper talk. Why are you splitting the bill with a man that should be spoiling you? Why are you preparing home cooked meals for a man that can't provide you a home? Why are you having sex with a man that promises the world, but refuses to give you his heart? Why are you playing by outdated rules in hopes that one day your kindness will be rewarded? I have discovered a group of women who refuse to be exploited, are immune to manipulation, and who never settle in the name of love. These ladies know what they want and take what they want by beating men at their own game. Utilizing the secrets exposed in this book, these women gain power, money, and status. Men call them Gold Diggers, women call them Hos, but they call themselves Winners. This is the book that society doesn't want you to read... Ho Tactics: How To MindF\*\*k A Man into Spending, Spoiling, and Sponsoring lays out the practical steps to evolve from a woman that goes Dutch to a woman that gets pampered. Ho Tactics provides the Sex-Free blueprint on how to turn any man into your personal ATM. Stop spending nights with men that can't offer you anything but conversation, stop being understanding of men who are underachieving, stop settling and submitting, and learn how to seduce and destroy! You tried to play by their rules, now it's time to play by Ho rules.

When a woman embodies her feminine essence, her whole life is transformed. She becomes attractive, grounded, and sensual. When she walks into a room, everyone appreciates the glow of her feminine radiance. All men notice her, including the healthy, loving, masculine ones she desires. She does not need to project a powerful persona to attract the respect she wants. A forced sense of masculine power is nothing compared to the ecstasy, empowerment, and effortless magnetism that are released when a woman activates her feminine essence. Read Powerful and Feminine and you will discover:

- The 10 practices that will increase your personal presence and magnetism immediately
- How to be authentically powerful without intimidating or pushing others away
- The 5 mistakes strong, independent women make in relationships with men
- How to make peace with your sweet vulnerability and stop living with a guarded heart
- ...and much more!

A guide for lesbian couples to improve their levels of intimacy, providing exercises and anecdotes, covering common issues women in same-sex couples have, and discussing the intricacies of female desire.

The glamour of transvestite fashion is the epitome of 90s style, but the significance of cross-dressing and sex-changing goes much deeper than the annals of fashion. Ekins vividly details the innermost desires and the varied practices of males who wear the clothes of women for the pleasure it gives them (cross-dressers), or who wish to change sex and are actively going about it (sex-changers). This unique and fascinating book transforms an area of study previously dominated by clinical models to look instead at cross-dressing and sex-changing as a highly variable social process. Giving precedence to the processual and emergent nature of much cross-dressing and sex-changing phenomena, the book traces the phased femaling career path of the 'male femaler' from 'beginning femaling' through to 'consolidating femaling'. Based upon seventeen years of fieldwork, life history work, qualitative analysis, archival work and contact with several thousand cross-dressers and sex-changers, the book meticulously and systematically develops a theory of 'male femaling' which has major ramifications for both the field of 'transvestism' and

'transsexualism', and for the analysis of sex and gender more generally. Male-Femaling provides social and cultural theorists with a lively case study for the generation of new theory. Social psychologists and sociologists interested in seeing grounded theory applied to a particular case study will be well rewarded. It will be essential reading for students of gender studies who seek to explore the interrelations between sex, sexuality and gender from the informants' point of view.

The Routledge Handbook of Sport, Gender and Sexuality brings together important new work from 68 leading international scholars that, collectively, demonstrates the intrinsic interconnectedness of sport, gender and sexuality. It introduces what is, in essence, a sophisticated sub-area of sport sociology, covering the field comprehensively, as well as signalling ideas for future research and analysis. Wide-ranging across different historical periods, different sports, and different local and global contexts, the book incorporates personal, ideological and political narratives; varied conceptual, methodological and theoretical approaches; and examples of complexities and nuanced ways of understanding the gendered and sexualized dynamics of sport. It examines structural and cultural forms of gender segregation, homophobia, heteronormativity and transphobia, as well as the ideological struggles and changes that have led to nuanced ways of thinking about the sport, gender and sexuality nexus. This is a landmark work of reference that will be a key resource for students and researchers working in sport studies, gender studies, sexuality studies or sociology.

It's time to say enough's enough to the fast-food, fast-paced, ASAP rat race we call life and pause long enough to see what it is doing to us. It's time to consciously lean into some lifestyle changes, which will make us more beautiful inside and out. That will replenish every cell in our body and eliminate disease, illness, and sickness. It's time to build our resilience so that we can bounce back from life's knocks faster and easier. In so doing, stress levels will reduce, and inflammation and toxicity in the body will begin to recede leaving room for joy to re-enter our lives.

In this widely anticipated guide, Keli Pitts leaves virtually nothing on the table as she blends relatability, warmth, cheekiness, and wit in order to show women all over the world who are suffering from fear and rejection that all hope is not lost. Nuh uh! Not even close. The doctor is in! That's FD, not MD by the way, and her orders are clear- if women still want to feel that exhilarating connection to their true and natural feminine; that deep connection that can get them on their best path to being happy, healed, desirable, and wildly successful- they can! But it will take them! From recalling stories of her own struggles with permanent forgiveness, and how harboring that emotional pain manifested into physical stress to discussing the importance of finding oneself in a high-value feminine company, Keli has written once heck of a subscription. Daily, tens of thousands of women find themselves both captivated and inspired by The Femininity Doctor platform; and after seeing Keli's heart, passion, and wisdom, the feminine community trusts her in this area. Femininity is every woman's birthright, but many lose their divine connection to it along the way. Whether you were raised by a "tom-boyish" mother who didn't quite show you the ropes, or you abandoned your soft and gentle nature after a series of unsuccessful romantic relationships, this guide has something for every woman who is desperately looking to find her way back.

Demonstrate the nature of culture and its influence on people's lives. For over 40 years, the best-selling *Conformity and Conflict* has brought together original readings and cutting edge research alongside classic works as a powerful way to study human behavior and events. Its readings cover a broad range of theoretical perspectives and demonstrate basic anthropological concepts. The Fourteenth Edition incorporates successful articles from past editions and fresh ideas from the field to show fascinating perspectives on the human experience. Teaching and Learning Experience Personalize Learning - MyAnthroLab delivers proven results in helping students succeed, provides engaging experiences that personalize learning, and comes from a trusted partner with educational expertise and a deep commitment to helping students and instructors achieve their goals. Improve Critical Thinking - Articles, article introductions and review questions encourage students to examine their assumptions, discern hidden values, evaluate evidence, assess their conclusions, and more! Engage Students - Section parts, key terms, maps, a glossary and subject index all spark student interest and illustrate the reader's main points with examples and visuals from daily life. Support Instructors - Teaching your course just got easier! You can create a Customized Text or use our Instructor's Manual, Electronic "MyTest" Test Bank or PowerPoint Presentation Slides. Additionally, *Conformity and Conflict's* part introductions parallel the basic concepts taught in introductory courses – which allow the book to be used alone as a reader or in conjunction with a main text. Note: MyAnthroLab does not come automatically packaged with this text. To purchase MyAnthroLab, please visit [www.MyAnthroLab.com](http://www.MyAnthroLab.com) or you can purchase a valuepack of the text + MyAnthroLab (at no additional cost): VP ISBN-10: 0205176011/ISBN-13: 9780205176014

Your period has power. Embrace your natural cycle, work with your hormones and connect to the innate feminine wisdom of your menstrual cycle. Your period is way more than PMS, carb cravings and lady rage - it's actually a 4-part lady code that, once cracked, will uncover a series of monthly superpowers that can be used to enhance your relationships with others, build a better business, have incredible sex and create a 'bloody' amazing life. *Code Red*, from the Creatrix of [www.thesassyshe.com](http://www.thesassyshe.com), Lisa Lister, is a call to action. A rallying cry that dares you to explore, navigate and most importantly, love your lady landscape. You'll learn how to live and work in complete alignment with the rhythms of nature, the moon and your menstrual cycle, be inspired by insights from *Wise + Wild Women* like Meggan Watterson, Alexandra Pope and Uma Dinsmore Tuli, and gain access to easy-to-follow strategies and SHE Flow yoga practices. You'll be invited to connect with your true nature as a woman, tap into the transformational power of your innate feminine wisdom and use your menstrual cycle as an ever-unfolding map to crack your lady code.

*Simply Feminine* is a groundbreaking look at a rarely-explored topic: how men view women's femininity. After a decade of research and thousands of hours talking with men, Morgan Wonderly has uncovered timeless truths about femininity that were buried under negative cultural attitudes. *Simply Feminine* gives men a voice on a subject previously off-limits to them. This eye-opening guide confirms femininity is the greatest forces on the planet! It is femininity that influences and inspires realmen to fully show up as providers, protectors, and heroes. The author puts to rest, once and for all, the widespread notion that to be feminine is to be weak

or subordinate, when nothing could be further from the truth.

Includes a preview of *Mothering from Your Center*, the next book from Tami Lynn Kent. *Wild Feminine: Finding Power, Spirit, & Joy in the Female Body* offers a unique, holistic approach to reclaiming the power, spirit, and joy of the female body and to understanding its connection to creative energy flow. By restoring physical and energetic balance in the pelvic bowl, women can learn to care for themselves in a nourishing and respectful manner, heal spiritual fractures, and renew their relationship with the sacred feminine. Although the feminine body is an access point to the greater realm of the spirit, many women have lost their connection to this source. Author Tami Kent, MSPT, has an answer. Drawing from her experiences as a woman's health physical therapist who works with the physical body and female energy system, Kent provides a framework for healing the body and navigating the realms of feminine spirit. Through pelvic bodywork, healing stories, visualizations, rituals, and creative exercises, women can explore the deep and natural wisdom inherent in the female body. *Wild Feminine* reveals the amazing potential of the female body: the potential to create, to heal, and to transform the energy of a woman's everyday life. Journey deep into the heart of your body. Travel the terrain of feminine wounds. Go to your root place, the center of all womanhood and radically shift your relationship with your body and spirit. *Wild Feminine* gives you the tools to awaken and retrieve your ancient wild self, restore your creative energy, and reconnect to your sacred center.

Writing with her characteristic boldness, grace, and gut-level honesty, the author sets aside political correctness and challenges women to unearth the hidden gift of their femininity.

Examining the female archetypes--the Andro Woman, the Cougar, the Good Doer and others--this fascinating book explores how modern-day women have overdeveloped their masculine attributes, resulting in complications and consequences, and reveals what it truly means to be feminine. Original.

"A lively, unexpected portrait of the jet-age stewardesses serving on iconic Pan Am airways between 1966 and 1975"--

You want your man to be strong, competent, and devoted to giving you what you need to feel happy, secure, and loved. Yet if you are like most women, you are doing things that ensure your man never steps up in the way you want. You may be enabling and even encouraging him to remain passive, self-interested, irresponsible, and undevoted. Many of your innocent, and even loving behaviors and words are pushing your man away and preventing him from being the man you need him to be. This book will put an end to that forever. You will discover just how easy and natural it is to begin interacting in a radically different way with your man. It's not about trying harder to get what you want. It's about letting go and not trying to 'do' anything. Only then will you become irresistibly feminine, and effortlessly activate a man's devotion to your heart. Learn more at:

[WWW.RELATIONSHIPOFYOURDREAMS.COM](http://WWW.RELATIONSHIPOFYOURDREAMS.COM)

*Eat Pretty* meets *7 Minutes to Fit* in this simple-to-follow guide to facial exercises and clean beauty techniques for healthy, radiant skin. Take your skin care to the next level with this guide to toning, sculpting, and strengthening your skin using simple, natural techniques. Within these pages, you'll discover facial stretches, massage exercises, meditative affirmations, and clean beauty tips

from industry experts that will instantly rejuvenate your complexion. The 50 easy-to-follow exercises range from the Cheekbone Press for a rosy glow to the Bright Eyes to reduce puffiness and the Jawline Squeeze to ease tension. With how-to illustrations and empowering mantras, this book is for women looking to enhance their natural beauty routine. Ultimately, FACE FITNESS is not about looking a certain age, rather, it's about elevating your mindset, enhancing your inner glow, and radiating that outward to present the most beautiful you. • ON TREND: Face fitness = the new botox! This lovely little book speaks to several current beauty trends: face fitness (made popular with the help of celebrities like Meghan Markle and Gwyneth Paltrow, and businesses like FaceGym), clean beauty, and non-invasive treatments. • GREAT VALUE: Facial massages and face fitness services are pricey – a FaceGym class can set you back up to \$500! This book is packed with valuable information and techniques that anyone can do at home without expensive products or treatments. • PERFECT SELF-CARE PURCHASE OR GIFT: A lovely gift for Galentine's, bachelorettes, and bridal showers, and a value-packed self-purchase for anyone looking to enhance their daily skincare routine. Perfect for: • Clean beauty enthusiasts • People who bought Eat Pretty and 7 Minutes to Fit

Learn how to awaken your feminine energy, heal your relationships, and attract love. Learn how men act and think.

This course is for any Woman who wants to perfect her femininity in every area of her life: mental, spiritual, & physical. This book brings the science of the feminine arts to you in the form of natural and accessible action. No fluff, no fillers, & no fakery. After 5 weeks of continued practice of these elements, femininity should innately blossom from your core. Enjoy your journey to a more deeper femininity as you increase in heart, soul, & spirit in this ancient art for women.

The twentieth anniversary edition of a transformative blueprint for ancestral healing—featuring new material and gateways, from the renowned herbalist, natural health expert, and healer of women's bodies and souls “This book was one of the first that helped me start practices as a young woman that focused on my body and spirit as one.”—Jada Pinkett Smith Through extraordinary meditations, affirmations, holistic healing plant-based medicine, KMT temple teachings, and The Rites of Passage guidance, Queen Afua teaches us how to love and rejoice in our bodies by spiritualizing the words we speak, the foods we eat, the relationships we attract, the spaces we live and work in, and the transcendent woman spirit we manifest. With love, wisdom, and passion, Queen Afua guides us to accept our mission and our mantle as Sacred Women—to heal ourselves, the generations of women in our families, our communities, and our world.

This post-feminist love manual offers women relationship advice, energy healing, and tools for personal transformation through awakening true feminine power.

Most men don't want you, they want to f\*\*k you, know the difference. Most men don't love you, they love what you do for them, know the difference. Men Don't Love Women Like You! is a Step-By-Step manual on how to stop manipulation, command attention, and be seen as a must have by any man! \*\*\*\*\* You are the type of woman that men grow bored with and replace. Your beauty, your brains, your perceived uniqueness is hype. In your bias world, a man would be lucky to have a woman like you because you aren't like every other female. The brutal truth that we men refuse to tell you, is that you are painfully typical. You flirt like every other woman. You hold the same conversations as every other woman. You read the same typical relationship advice and try the same tricks as every other woman. All because you are obsessed with being loved like every other woman. Men play along but they don't play for long. You are the woman we date

and then dump. Sleep with then forget. Get into a relationship with, then eventually grow bored of. You will never work out because you don't stand out! The men you want the most, want you the least because you are just as ordinary as the women you claim to be better than. No man is hard to figure out. No man is emotionally unavailable. No man is unready to settle down. When a man tells you he's not looking for anything serious, he means "with you!" There are two types of women The Placeholder & The Game Changer. You are The Placeholder, that girl who fills a man's needs until The Game Changer arrives. A man will date you, sleep with you, even enter into a relationship, but you are not what he really wants. You are a practice woman, preparing him for his future wife. Aren't you tired of being just another seat filler? Will you become yet another mediocre woman that ends up settling for average because great men don't see her as anything special? Or are you ready to Spartan Up and learn how to become his Game Changer... Men Don't Love Women Like You, is a brutally honest manual that will transform you from typical to priceless. The secrets in this book will guide you step by step as you learn what men think, how to counter their Bullsh\*t, and the exact ways to turn the table in your favor. No matter who the man is, how young, old, rich, or popular he may be, this book will show you how to attain power over him. From the first meeting to the first date. From a new relationship hitting its first bump to an old relationship on its last legs. You will learn to dominate men in ways you never dreamed of. You will become what you were always meant to be A Goddess in the flesh. Typical bitches get Typical results! Empowered women get powerful results! Open this book and learn how to get away with Pu\$\$y Power at a level never before seen and change your life.

When you trust and follow your DIVINE BREADCRUMBS you'll inevitably be led to more amazing relationships and career opportunities than your strategic mind could've ever chosen for you. This revealing and passionate story of one woman's search for love and enlightenment will help you make peace with the challenging life events you have faced and show you how to own your power, heal your physical and emotional pain, and live the grandest vision of your life.

A tantric guide to discovering the hidden gifts of menopause • Explains why Tantra works for menopausal women and how their bodies are naturally entering a more tantric phase focused on creative, spiritual energy • Details tantric practices and tools to connect with the body's inner intuitive wisdom, remove the "performance pressure" of conventional sex, and set the stage for passion and pleasure to thrive both in the bedroom and beyond • Explores what to expect physically, emotionally, and spiritually, and in relationships As women, we live so closely to the body--through menstruation, pregnancy, birthing, motherhood, and then menopause. Each of these transitions changes a woman in a multitude of ways, most of which are celebrated. Yet menopause often causes women to feel despondent, as if our bodies are broken or deficient, especially when it comes to sex and intimacy. However, as tantric teachers Diana Richardson and Janet McGeever show, menopause has many hidden gifts to offer if we learn to embrace rather than suppress the changes this natural transition brings. Shining the light of tantric intelligence on menopause, the authors reveal how to explore and experience menopause in a radically positive fashion, suffused with a sense of vital awakening and "re-wilding" of a woman's sexuality, creativity, and spirituality. Explaining what to expect physically, emotionally, and spiritually, as well as what it means for relationships, they detail tantric practices and tools to connect with the body's inner intuitive wisdom and heart energies, remove the "performance pressure" of conventional sex, and set the stage for passion and pleasure to thrive both in the bedroom and beyond. They explain why Tantra works for menopausal women and how their bodies are naturally entering a more tantric phase focused on creative, spiritual energy. They explore how, in Tantra, sex is practiced not for the sake of sex itself but as an instrument for going "beyond" sex, for better health, improved relationships, enhanced self-control and emotional balance, and even higher states of consciousness. They also offer many self-help practices, exercises, and meditations to reinforce a positive

