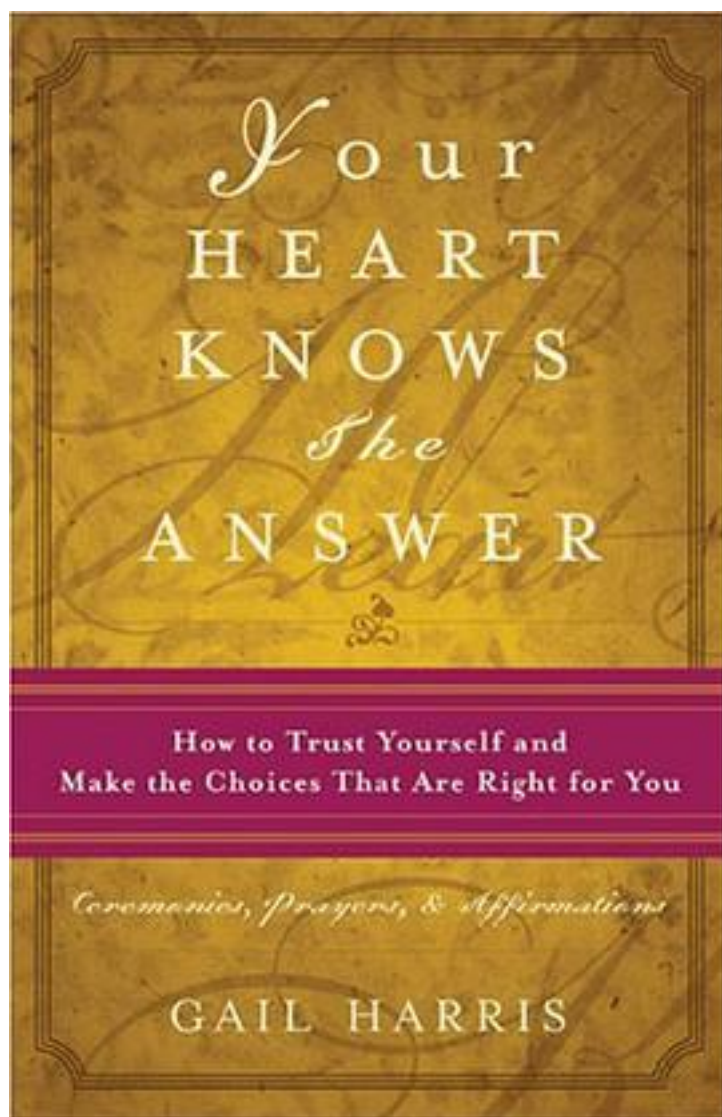


Your Heart Knows the Answer



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Women are often held captive by their own inner critic, that fearful and doubting voice inside their heads. It makes them question their choices and actions around parenting, relationships, career, and self. Your Heart Knows the Answer guides women to reunite with the magnificent woman within, and listen to and trust the strong, intuitive, and all-knowing voice of their hearts. A gentle companion and step-by-step guide, this book helps women listen to what the heart knows and then follow what their heart tells them — through exercises, affirmations, meditations, and ceremonies. The author shows that decision-making and life choices — from choosing a mate to accepting a job — become clear when women listen to their hearts. Featuring compelling true-life stories from the author’s own experiences, this inspiring guide deepens a woman's connection with her true self and cultivates ongoing self-love.

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