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Stripped: A Collection Of Inspired Writings For The Evolving Woman



Synopsis

STRIPPED is a collection of poetry and inspired writings that celebrate the power of vulnerability and the magic that occurs when we decide to live authentically, commit to our own personal evolution, and bare it all. Known for her work uplifting and empowering women around the world, best selling self-help author and master life coach Cara Alwill Leyba is thrilled to share her words of inspiration in this brand new format that she's coined "Poetic Personal Development." She hopes STRIPPED will encourage women to peel back the layers, remove their masks, and live inside their truth. Because life gets a hell of a lot better when we drop heaviness and take off the things we don't want to carry anymore. To learn more about Cara and her work, please visit www.TheChampagneDiet.com and find her on Instagram for daily musings and inspiration at [@TheChampagneDiet](https://www.instagram.com/TheChampagneDiet)

Book Information

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Customer Reviews

I just got my book in the mail and I have already read the first 25 pages. I am really enjoying this book. It's so refreshing to have beautiful words to read that reminds you of how amazing you are. This book is a work of art and nice size for your purse on the go! Great Job Cara!

This is a gorgeous work of art from an incredible author. A perfect read when you forget how amazing you are and you need a reminder. I highly recommend.

Soulful. This is the word that came to mind as soon as I opened my mail yesterday. From the beautiful book cover artwork to the quote on the back, I knew this was going to be a good one.

Usually I like to read a book from front to back. Decided to take a more spiritual approach. My roommate and I lit candles, meditated and took turns closing our eyes and opening the book to a page that called out to us. The results? Heartwarming and relevant. Each poem we opened up to and read aloud was significant in a special way. Thank you having the courage to follow your inkling to try something different. P.S. I know one of Cara's intentions was for this book to be a good gift. I plan on getting one of these for a lot of women I know. The self awareness and self acceptance in these poems are powerful and needed to be shared. Success!!!!

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