



# Free to Be You: A Practical & Feminine Handbook to Guide You from Surviving to Thriving

*Ella Barnard*

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# Free to Be You: A Practical & Feminine Handbook to Guide You from Surviving to Thriving

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**Free to Be You: A Practical & Feminine Handbook to Guide You from Surviving to Thriving** Ella Barnard

**How one woman went from self-conscious to self-confident, and how you can too!**

It's so hard to say, "I'm worth it." It's so difficult to justify "extravagance" when you know people you care about have needs. It's so easy to bend yourself into a pretzel to please everyone else; then look in the mirror and wonder why you don't recognize yourself.

**This book uses true stories and gentle, playful activities to help you get back to yourself.**

*When you live as your authentic and expressed Self, that's when your dreams become reality!*

Now, finally again, you get to revel in the joy of being You. You get to feel childlike when you look at the possibilities for your future -- like you can do anything you want. Now that you are grown, you can do whatever you want. It's true. You don't always know what is going to happen in the future, but you get to choose for it to be awesome.

**Don't miss out!** Women everywhere are committing to self-love & acceptance, and consequently, are receiving the gifts of the Universe. Join the movement!

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