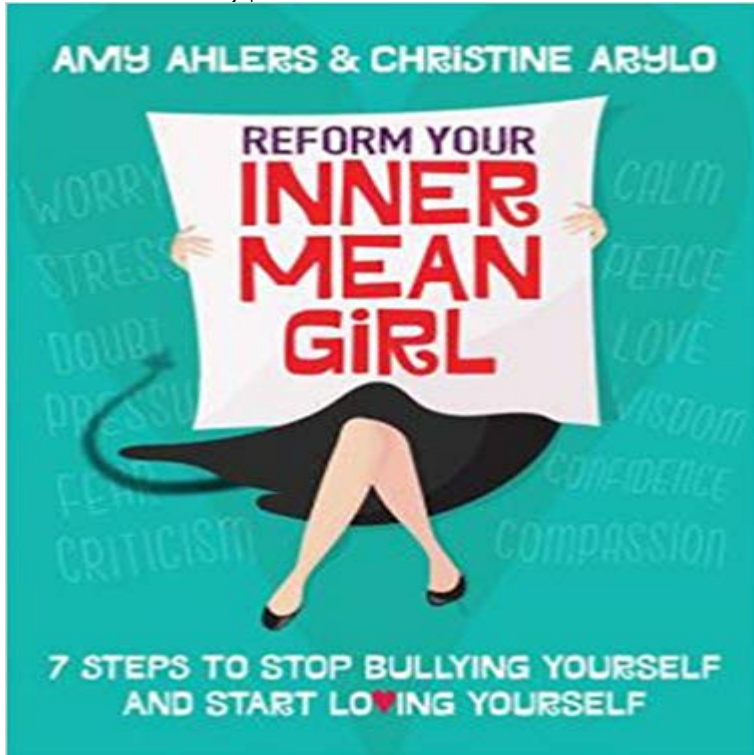


Reform Your Inner Mean Girl: 7 Steps to Stop Bullying Yourself and Start Loving Yourself



There is a silent epidemic spreading like wildfire among women-and no one seems to be talking about it. Its in our boardrooms, classrooms, and living rooms on every continent, and its creating depression, stress, and isolation. Who is this culprit? Meet your Inner Mean Girl, the judgmental, critical, and belittling inner bully that almost every woman hears running through her mind on a daily basis. The Inner Mean Girl creates undue anxiety, cajoles you into making bad choices, and then berates you when they dont work out.

But there is a cure. Reform Your Inner Mean Girl introduces the universal seven-step program that helps women transform their relationships with themselves from self-sabotage to self-love. With a mix of play, humor, creativity, and self-inquiry, Reform Your Inner Mean Girl transforms a womans self-bullying thoughts, emotions, actions, and feelings, and helps her get in touch with a much more powerful voice-her Inner Wisdom. After graduating, women can finally make choices that create more happiness, peace, love, and success.

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