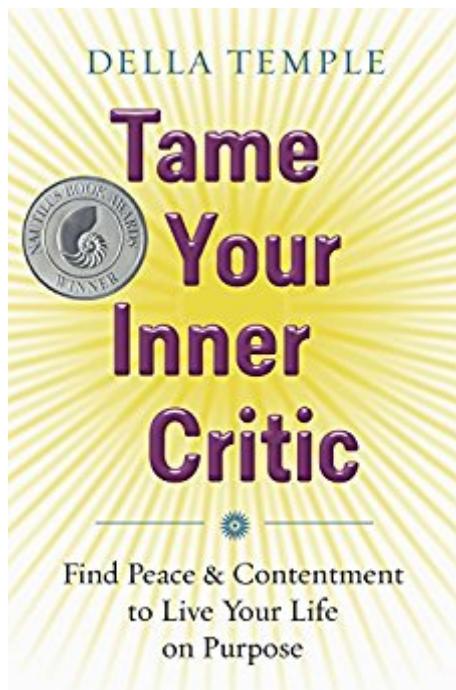


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# Tame Your Inner Critic: Find Peace & Contentment To Live Your Life On Purpose



## **Synopsis**

Nautilus Silver Award Winner, IPPY Silver Award Winner and Indie Excellence

FinalistStopÃ  Living With Low Self-Esteem and Heal Your Inner ChildÃ  Are you ready to takeÃ  that next step? With overÃ  40 exercises and meditations,Ã  TameYour Inner CriticÃ  teaches you how toÃ  control the monkey mind,Ã  theÃ  self-defeating mind chatter that keeps you from living - and loving - yourÃ  life!Ã  Find ways toÃ  banishÃ  the voice that's keeping you small. Learn to ground to the earth, fill inÃ  with energies that are in alignment with your highest good and clear away theÃ  negative, self-defeating words that prevent you from living a life full ofÃ  purpose and meaning.Ã  Ã  Learn how the thoughts,Ã  feelings, judgments and criticisms of others can be swept away and replacedÃ  with the voice of your inner guidance, your Spirit. Find your true north--yourÃ  own internal wisdom that is connected to the divine and gives you guidance.Ã  With specialized exercises and meditations, this book shows you how toÃ  banishÃ  negativity, improve your relationships,Ã  and realize new ways to shareÃ  your gifts with the world around you.

## **Book Information**

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## Customer Reviews

In a market place of "do this and you will be healed," "Tame Your Inner Critic" stands apart. The author has given us simple, yet powerful tools for increased self-awareness, acceptance and healing. I had no idea to what degree the energy of our thoughts and our "inner world mental health" affects our outer world. What goes on inside us reflects in our external lives. Della has organized the material well, making it easy and entertaining reading. She builds upon each new tool/concept (foreign energy is one of my favorites) so you develop a solid foundation. She provides clear "down to earth" explanations (and great personal anecdotes) to help you understand the process to rid yourself of your own inner critic. She helps to reinforce the tools/concepts with the exercises in the accompanying workbook. The exercises are fun to do too! I love the fact that in addition to Della's clairvoyance and psychic training she also has traditional education, training and experience in business, teaching and leadership. She is a truly "grounded" and practical physic with a unique gift for healing. For anyone, like me, who has been terrorized by their own inner critic, I cannot recommend this book highly enough.

Tame Your Inner Critic is a masterful collection of tools and techniques to guide you toward a better relationship with your inner self. You will learn how to ground, work with your energetic aura and chakras, how to use EFT, meditations and much, much more to begin living a life of purpose and fulfillment. I LOVE this book and have already given three as gifts.

Della has a gift for explaining how the inner critic can take charge and what to do about it. She offers tools in an understandable and accessible context so you can be in charge of your life . I bought an extra copy to give as a gift. Meave Foley

I love this book! Very practical advice about how to live in the present moment.

Good information!

Good

Della Temple has put a lot of thought, effort, and time into this book, and it truly is wonderful. We are

usually our own worst critics, but that voice often overpowers the positive thinking that is more helpful to the psyche than the negative one. Della gives strategies and tips on how to bring a sense of peace to oneself. The hardest part for myself with 3 kids (5, 5, and 18) was setting aside the time to meditate and journal - without feeling guilty about it. After a few days and realizing how much time I waste on things that aren't important, I found the time. The first exercise, to find your aura, made me realize just how tense I am, and how hard it is to fully relax. This exercise, alone, has proven beneficial to me, and I feel an overall good feeling when finished. The exercises she suggests in the book are fun, interesting, and thought-provoking. One exercise involves drawing your own Tree of Life, with the trunk representing your essence, write a statement of being, then add fruits to the tree that align with choices you are facing. It is a great exercise in reflections. Della uses many words like "aura", "Spirit", "meditate" and others that some may consider New Age. As a Christian, this did not bother me at all. I found this book positive, friendly, appealing, and I really got the sense that the author is trustworthy, and honestly wants to help others feel the peace that she does.

Nothing brings your "Inner Critic" to the forefront like motherhood. Second guessing my choices and interactions with my kids, the constant internal chatter clogging my brain was preventing me from being truly present with these amazing beings I had created. This book was perfect. Even as a busy mom of 3 boys, I was able to read and practice the exercises in this book. I was able to read the short chapters and practice each meditation in my small amount of "me" time. The difference it has made in my ability to quiet the inner chatter and therefore aid me in being truly present for my boys has been wonderful for my whole family. I am truly grateful for this book. A must read for inner peace.

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