



You Suck! (Have You Ever Said That to Yourself?): How To Turn Your Lying Fraidy-Cat Inner Critic Into a Confident Courageous Fan

By Valery Satterwhite



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You Suck! (Have You Ever Said That to Yourself?): How To Turn Your Lying Fraidy-Cat Inner Critic Into a Confident Courageous Fan By Valery Satterwhite

An advocate for your authentic greatness, Valery Satterwhite teaches you how to reclaim your power from your Inner Critic. She is an unrelenting advocate for the fullest expression and achievement of your unique and magnificent potential. It's what you are here to do.

Have the confidence and courage to be who you really are and get what you really want in life.

Written with a sassy and edgy expression, You Suck! is:

- * A Toolkit for those exhausted from being stuck in an emotional rut.
- * A Guide to shift from the powerful head to empowered heart to champion your authenticity.
- * A Resource to reach for a better perspective.
- * A Manual to get out from underneath the layers of expectations and conditioning.

Author, Speaker, Consultant and Inner Wealth Expert, Valery Satterwhite launched her first book "You Suck! (Have You Ever Said That to Yourself?): How To Turn Your Lying Fraidy-Cat Inner Critic Into a Confident Courageous Fan ". If you've been wondering what's really behind all your "are you kidding me?" and other "fall from grace" moments, this book will illuminate your blind spots so they're not tripped over ever again.

Written in a sassy humorous in-your-face style, this book is a must-read life changer that will free you from the woefully misguided tyranny of the inner voice that throws up roadblocks to your deepest desires. Laced with fun true stories of the author's challenging relationship with her own Inner Critic, Valery gives her readers a practical way to move that woefully misguided Inner Critic out of your way. You'll discover how to tap into the other powerful voice within you that cheers you on to the fullest expression of your authentic greatness.

The prose is insightful and astonishing. This book is for anyone who wants the confidence and courage to make a change they've always dreamed about. It's a wake up call to anyone who wants to finally become the master of their opportunities instead of the struggling victim of their circumstance.

BONUS: Includes a Self-Esteem Workbook to reinforce new learning and daily application.

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Review

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..tools to create positive change-Nancy Marmolejo, VivaVisibility.com

Makes a difference in your life!-Nancy Daniels, The Voice Lady-Int'l Speaker

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About the Author

Expert Speaker, Author and Inner Wealth Expert. Valery personally consults with discerning individuals who require bespoke individual attention. She teaches people how to get out of their own way in order to transform inner emotional disconnection into a meaningful inner wealth that matches an affluent lifestyle. Her ROC formula for a purposeful and meaningful life is: Reclaim your truth, Own your power, and Command your stage. When you do, you've got Moxie - the confident courage to express and achieve your authentic greatness - no matter what anyone else thinks or says about it! Live life on your own terms while serving the greater good of all. Visit her website at: <http://www.WorthyWealthyWise.com>

Users Review

From reader reviews:

Jon Cerrone:

Why don't make it to become your habit? Right now, try to ready your time to do the important take action, like looking for your favorite e-book and reading a book. Beside you can solve your short lived problem; you can add your knowledge by the guide entitled You Suck! (Have You Ever Said That to Yourself?): How To Turn Your Lying Fraidy-Cat Inner Critic Into a Confident Courageous Fan. Try to make book You Suck! (Have You Ever Said That to Yourself?): How To Turn Your Lying Fraidy-Cat Inner Critic Into a Confident Courageous Fan as your good friend. It means that it can for being your friend when you really feel alone and beside that of course make you smarter than ever. Yeah, it is very fortunated for you. The book makes you a lot more confidence because you can know every little thing by the book. So , let me make new experience and knowledge with this book.

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