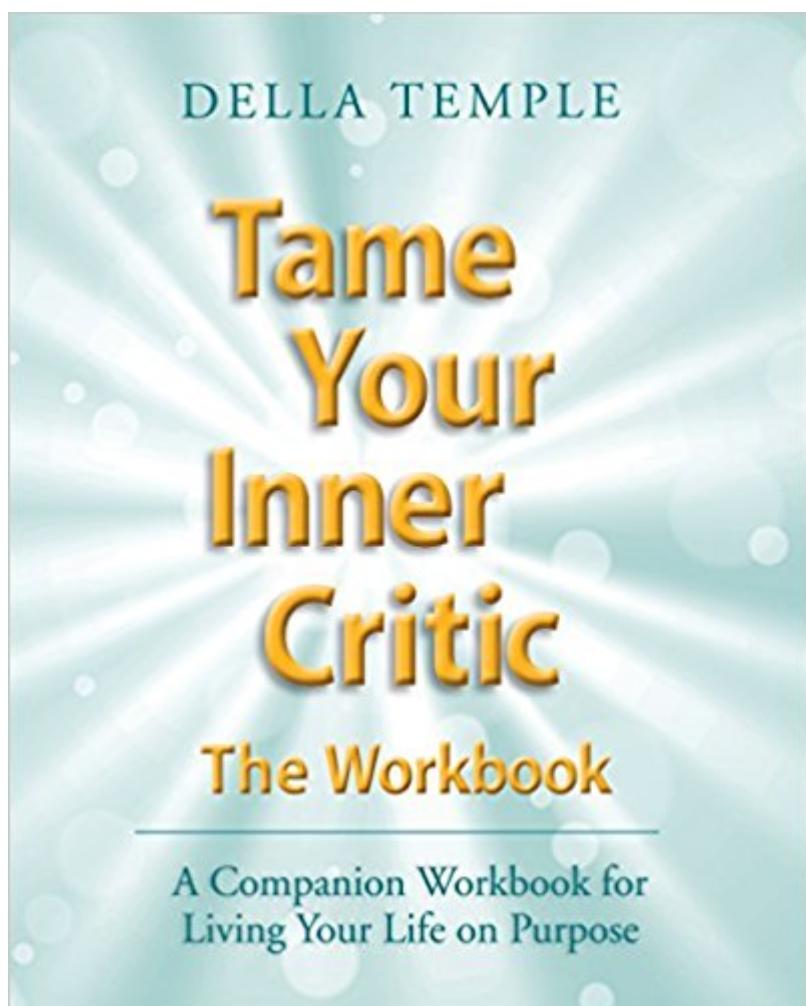


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# Tame Your Inner Critic: The Workbook: A Companion Workbook For Living Your Life On Purpose



## **Synopsis**

If your inner dialog is driving you nuts, then you've come to the right place. Filled with over 40 exercises and meditations that take you from monkey mind to quiet, peaceful and calm. And beyond! Taming your inner critic is a process of removing the shoulds - the judgments - and the criticisms from your space so that your own true wisdom can shine through. This is a companion workbook to Della Temple's Nautilus Silver Book Award winner, *Tame Your Inner Critic Find Peace & Contentment to Live Your Life on Purpose*. Once you've cleared your mind chatter, you will be ready to move on to finding the peace and contentment you crave. You will learn how to ground to the earth, "fill in" with your own life force energy and set your energetic space. You will find ways to tap into your inner wisdom and chart your course to a life full of purpose and meaning. Come join us on this journey of discovery - uncovering your innate beauty, allowing you to stand tall and shine bright.

## **Book Information**

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## **Customer Reviews**

Hello Dear Readers, You are about to undertake a truly amazing process. Taming your inner critic is deep, soulful work, but it is not always easy. You may shed tears as you work through some of the deeper stories of judgment and shame, and external criticism. You may laugh as you uncover hidden truths and banish the energy of "should". Above all, you will learn how to curb the loud, insistent chatter of your Inner Critic, replacing it with the voice of your inner guidance, your Spirit. As you do so, your inner world will become a place of stillness and peace. Here you will come in contact with a part of yourself that is connected to the Divine. On your journey of discovery your

thoughts, feelings, beliefs, words, and actions will begin to support your life's purpose. That is the joy. That is Grace. As you come to know deep within your soul, that you are living a life full of inner purpose and meaning, you radiate this joy into the world, and that in turn affects everyone around you. Blessings, Shine Bright! Della

Start Living Your Life on Purpose - Most of us have little trouble being open-hearted and giving of spirit to our friends and loved ones. What's much harder is seeing those same qualities within ourselves; being as kind and compassionate to ourselves as we are to the people in our lives. If you recognize the desire to move away from the negative self-talk, to learn to nurture and care for your Spirit, then take the next step toward loving yourself inside and out. *Tame Your Inner Critic: The Workbook*, is just that - a companion guide to Della Temple's *Tame Your Inner Critic, Find Peace and Contentment to Live Your Life on Purpose* (Llewellyn, 2015). But it is more than just an exercise book. It is your diary, your journal, your best friend, and a lifeline to your internal wisdom, as you journey toward uncovering your life's purpose. Interspersed among the suggested exercises and meditations are thought-provoking questions, urging you to dig deep into the recesses of your internal wisdom. You will learn to fill yourself with your true power, finding peace and contentment as you discover the gift you are meant to share with the world. You will refine ways to set your attitude, consciously choose your thoughts and feelings, and stay grounded alongside other people's energies. By journey's end, you will have discovered your true north--your life's purpose and ways to share this gift with the world.

The *Tame Your Inner Critic Workbook* is easy to use and covers all the bases. It gets you thinking about how you can live your life better and how to accomplish it with ease and grace. There are MANY great tools and Della explains how to use them in a manner that is easy to follow and fun. It is a great place to explore where you are now and how you can grow into the wholeness of the person you want to become. I'll confess that I don't usually do the workbook exercises in the books I buy! But this one is different. I WANT to do them! Really!

I love this workbook. It is a great companion to the book and gets you thinking and digging deep. I highly recommend it.

Ã¢Â•Della Temple's "Tame Your Inner Critic" is a fantastic book full of ideas for self-reflection and meditation. The exercises in the book are simple, but if you really put your all into them, they are

also deep and meaningful. The workbook is a companion guide to the book. It's not a standalone workbook as it references the exercises in the book without much of a recap. It is understood that you are reading the book with the workbook. The book does not refer to the workbook with each exercise, as the book can stand alone, but readers should be aware that for every activity in the book, there is a reflection area in the workbook that corresponds with the exercise number. When finishing an exercise, go to the workbook for a follow up to the exercise you've just completed from the book. There is a variety of activities to do after each exercise, allowing you to have the opportunity to answer questions, journal, draw, and/or reflect on what you've taken in. The workbook definitely adds to the experience of the book. I like that I can let someone else read the book without them reading my personal feelings and reflections that have gone into the workbook. It's also something one can go back to later and see how they have changed their feelings and attitudes once they have implemented all of the ideas. I worried with 3 kids that I wouldn't be able to find the time to read the book, do the exercises, and reflect in the journal, but it is really easy to accomplish all of these things. I learned much from the book and workbook and look forward to other writings by the author.

The workbook companion is a brilliant idea. I liked that it helps to put into work what you read in the book. The book itself was really good but paired with this workbook it becomes a life altering experience. Most authors write and say do this or do that and life will be wonderful. Della shows you how to do that. With the help of this workbook you are able to put what you read into actual practice. As with the book Della has given you tools that are powerful and easy to understand. I truly had no idea until working through this workbook companion and reading the book how much my inner energy affected my outer. Della really put a lot of thought into making this a journey I really wanted to take. As I worked through it I felt like she was right there helping me along the way. What I also enjoyed about this workbook companion to the book is that it took me weeks to go through it. Written so that someone like me an ordinary Joe could understand I was able to devote a day to working through both book and workbook. If you are like me and you are a huge critic of yourself or are just terrorized by self doubt then I highly recommend you get this workbook and the book to go with. It won't cure you overnight but it will become your best friend and a place you can return to in order to find peace. disclosure: I received a free copy of this book in exchange for my honest opinion.

I have written a review on Della Temple's book, *Tame Your Inner Critic*, which is an incredible

resource for anyone and everyone starting out with working on their own personal energy field. Our inner landscape will always eventually translate into our outer landscape, and therefore I believe it is paramount that we become well acquainted with our energy field as well as our overall energetic anatomy. The companion workbook is a fabulous way in which to help one through this process. I have always had a huge passion for journals and workbooks. There is nothing quite like 'working stuff out' with some old fashioned paper and a pen. I believe we can get better acquainted with ourselves by taking the time to put pen to paper. This workbook is chock full of great prompts that accompany the exercises laid out in the book. There is plenty of space in which to fill out your thoughts, and I even had the great urge to doodle as I took time in some areas to contemplate my answers to the questions. (Did I doodle? - you may be wondering. Why yes, of course I did!) The book and this accompanying workbook have been, together, an incredible resource and journey for me to go deeper inward and explore my inner critic in a lighthearted and uplifting fashion. These two great pieces of work come highly recommended for anyone wanting to take some time, explore their inner territory, and come to terms with old emotions and thought programs while learning to work fluidly with their energy.

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