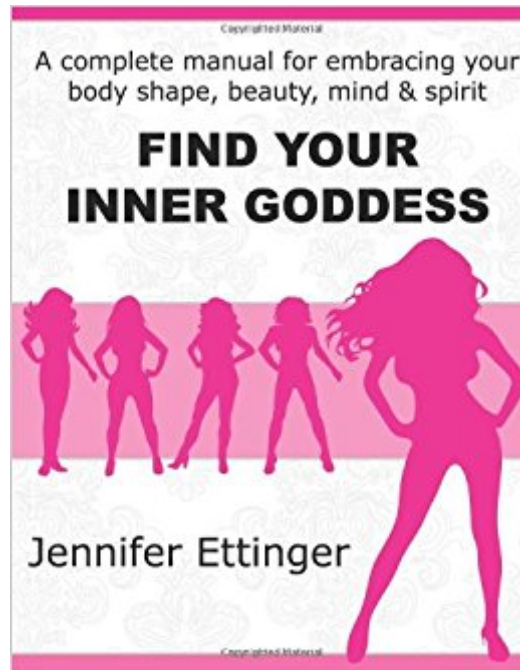




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Find Your Inner Goddess



Synopsis

A 12 week interactive journey-workbook to guide you every step of the way. Finally embrace your body shape, enhance your beauty and adapt a more positive mindset! It is not about what size you wear or what body shape you have, it is about HEALTH, HAPPINESS & CONFIDENCE. Today is THE day...YOUR day for change! Is this you? You are motivated to finally take action, but you are not sure where or how to begin or what you should do first. Have you ever said to yourself?... If only I could LOVE my body shape and keep the weight off this time! | If only I would not starve myself and not be so tired. I wish I knew what foods were good for my skin. I would like to stop being so negative about my appearance and learn to dress for my real body shape. I would like to learn easy make-up artistry for my color & type of eyes If this sounds like you, this is the book for you! Find your Inner Goddess provides all that you need: Do It Yourself Fitness Evaluation Provides Easy Color Charts and Journaling to Follow Your Progress Body Shaping Custom Workouts "Beauty Boosting" • Foods & Recipes Goddess Inspiration and Motivation Learn what clothing "Fits Your Style" • and what is "Not Your Style" • Easy to Adapt Make-Up Artistry Learn to Identify Your Skin Tone About the Author: Since 2006 when Jennifer Ettinger founded Fit Your Style®, she has been dedicated to helping women reclaim and harmonize their lives in the areas of body, beauty, mind and spirit. Jennifer reclaimed her own life after being diagnosed with Chronic Fatigue Syndrome, relying on healthy eating, exercise and meditation, and she wants to share her experience with others for their best health, wellness and happiness. Fit Your Style® is far from a fad. Built on Jennifer's stellar credentials in fashion, cosmetics, fitness and health, Fit Your Style® offers true substance on top of what's trendy. Jennifer holds three degrees from the prestigious New York City Fashion Institute of Technology She is an ACE Certified Personal Trainer, Certified Turbo Kick® and PiYo® Instructor, and creator of the Find Your Inner Goddess Program. Inspired by her degree in Museum studies, Jennifer shares her knowledge of women as goddesses throughout art and history, providing a real and lasting image of beauty in contrast to the distortions we're so used to seeing in the media. Jennifer works with women across the United States and Canada, providing them with the tools they need to re-invent their own lives and get body confidence beautiful. It's true transformation and not just a quick fix. Testimonials: "Jennifer Ettinger has walked on both sides of the fence; she knows depression and desperation . . . as well as her own divinity and delectable beauty! Find Your Inner Goddess is a first-hand account of Jennifer's unbelievable story, as well as a "how-to-manual" for the rest of us to discover our own magnificence, passion, self-love, and dreams. This book is for every woman: young, old, thin, and full-figured! I highly recommend it!" • Crystal Andrus, the best-selling author of

Simply ... Woman! and Simply ... EMPOWERED! www.crystalandrus.com "What a way to get a little piece of Jennifer's contagious energy and learn So many of the tips and strategies that Fit Your Style has to share. I'm so grateful that this information is now available and accessible to all women who wish to shine! A must read." • Leanne Grechulk, Founder of HealthyGirl & best-selling author of 30 Days to Wealth! www.healthygirl.net "In Canada's fastest growing magazine, Jennifer Ettinger in every issue of Chloe, brings light and perspective to health, fitness and the empowerment of women." Michelle Galli, Editor-in-Chief of Chloe Magazine www.chloemagazine.ca "Jennifer Ettinger is such a joy to work with. She is an inspiration to women and has that special touch when it comes to talking about women's issues, health and wellness." Jacqueline Betterton, TV Host/Producer

Book Information

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Customer Reviews

I've known Jennifer for over a year now, and she has a wonderful personality. This comes through in her book, and so does her caring. Her commitment to women and improving their self-image of themselves is inspiring to me. Her book is the fruit of her coaching work with women to help them achieve more for themselves and in their lives, simply by allowing them to see how beautiful they really are. If you can pick up a copy, I believe that you too will feel her care and attention on every page, and that following her wise advice will bring some wonderful improvements to your life. I am glad to know Jennifer and I invite you to get to know her too through the pages of this book.

I highly recommend this book if you're struggling with self-acceptance. Jennifer's story is real/honest and motivates me to take even "one little step". Her story of how her goal was to just take one actual step on exercise step equipment was great! That has stuck with me when all I want to do is lay on the couch....but if I can do just one (or two) steps that is better than the day before! The way she sets little, do-able, real goals gives me motivation to do so, as well (with self-acceptance). It's the forward movement that is important...momentum will build from that :) Thanks for this heartfelt book!

I think this book is fabulous! Reading this book through feels like Jennifer is in my living room with me, helping me sort it all out! She shares her story -struggles and successes-and you know it's real. I feel her authenticity in every section -she's accepting of you even if she doesn't know you and helps to improve acceptance of ourselves. It's so great, I have a soft copy and just picked up a hard copy! Thanks Jennifer for writing this book. I look forward to finding and feeling my inner goddess from hereon in. :)

I would read anything from the author of this book! The willingness to share the struggles she has endured in her life to help better the lives of others displays the type of woman she is! To have an attitude about life where you don't let your circumstances determine your future shows the woman of fortitude that she is. Her passion and concern about a woman's overall well-being is contagious to others and inspires them to evaluate and improve their lifestyle choices. This book is a one-stop resource to attain spiritual, emotional, and physical balance in your life!

This is a must have for every woman young and old. Never before have I read a book that is so complete and empowering. This book truly is a blueprint for unleashing the goddess within, which for me meant seeing myself in a new light, my true light! In order to be your best self you have to take care of the whole you, not just fitness, not just the wardrobe etc.... This book was a fun and easy read that gave me actionable steps that I was excited to bring into my life. Thank you!

Jennifer's warmth and enthusiasm comes through in this unique and non-judgemental approach to a fit lifestyle. She has written this uplifting book from the heart and I hear her smiling voice as I read her words. She has overcome barriers which would stop most people in their tracks, with such grace, inner strength, perseverance and enthusiasm that she is a great inspiration to all of us goddesses-in-training.

This book is on my recommended book list for women I coach and care about. I cannot express how wonderful it is read and learn from Jennifer's holistic approach to health, beauty and balance. Jennifer is one of the most experienced and genuine leaders I know and now we have her expertise at our fingertips. You will so love this book and will want to read it all in one sitting.

I've known Jennifer personally for years but after reading her book, I really didn't know how brilliant she is! I couldn't put it down as soon as I picked it up. Luleta's recipes are awesome! I thought I was eating fattening foods but they are healthy and fabulous! I bought 2 books...one for me and one as a birthday gift for a family member.

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