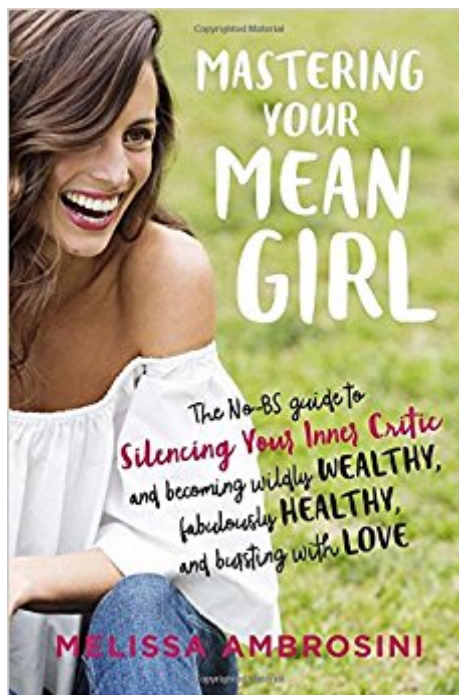




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Mastering Your Mean Girl: The No-BS Guide To Silencing Your Inner Critic And Becoming Wildly Wealthy, Fabulously Healthy, And Bursting With Love



Synopsis

Ready to live your dream life? You know that sneaky voice inside your head telling you that you're not good enough, smart enough, pretty enough, whatever enough? That's your Mean Girl. And she's doing her best to keep you stuck in Fear Town, too scared to go after the life you always imagined.

But enough's enough! Melissa Ambrosini has made a life beyond her wildest dreams, all by mastering her Mean Girl, busting through limiting beliefs and karate-chopping through the fears that held her hostage for years. And now she wants to help you remember not only what you are capable of, but how amazing you truly are!

In this inspiring, upbeat guide, Melissa provides a practical plan for creating your own version of a kick-ass life • one that's wildly wealthy, fabulously healthy and bursting with love. Designed to propel you out of stuck-ness and into action, this is a must read if you're ready to let go of your Mean Girl and start living the life of your dreams.

Book Information

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Customer Reviews

“Melissa has come along at exactly the right time. The world needs to hear her message and be inspired by her fearless authenticity. If you want to live your dream life but don’t know where to start... whether it’s finding your life purpose...” • Joshua Rosenthal, Founder of The Institute of Integrative Nutrition

“Melissa is one of those honest, down to earth, larger than life, totally gorgeous human beings that absolutely walks her talk. I love the rawness of her own story and I love what she now shares with others in an authentic compassionate way.” • Lisa Messenger, RenegadeCollective.com

“Melissa is a happiness warrior who radiates goodness from the inside out. She is a breath of fresh air and inspires all she meets with her innate knowledge of all things positivity, wellness, and living your best life.” • Teresa Palmer, Actress

“Melissa is a total inspiration. Her book *Mastering Your Mean Girl* is a life changer.” • Madeleine Shaw, bestselling author

“Melissa is a shining light and the ‘Real Deal’ when it comes to her enthusiasm for wellness and helping others find their way. Spending time with her just makes you want to be a better human and her guided meditation has helped me find stillness on the busiest of days.” • Lorna Jane, LornaJane.com

“Melissa is the ideal teacher, always seeking the truth, always leading by example, and always striving to help and empower others. She has the biggest heart and is a beautiful light in this world. I’m very blessed to have her in my life.” • Jess Ainscough, JessAinscough.com

“*Mastering Your Mean Girl* will set hearts on fire and light up people’s minds with positivity and inspiration.” • Lisa Messenger, editor of *The Collective*

Melissa Ambrosini is a best-selling author, entrepreneur, motivational speaker, life coach, and self-love teacher. She teaches women how to create a heart-centered business and life that inspires them. Named a "self-help guru" by Elle Magazine, Melissa is most known for her live inspirational events, books, online female entrepreneur community, personal development programs and guided meditations.

I LOVE Melissa’s book. I felt like she was talking to me the entire time. Not only have I been able to figure out that my mean girl is keeping me from seeing the truth, I am also looking at how I parent and how I am talking about myself in front of my children. I love Mel’s outlook and advice on everything from self care to relationships to food. I have been in a shift in my life because of Mel’s book. I’m becoming the person I want to be and I am working on be a better me. Not only do I have

Mel's book, I bought the audio book because I couldn't read it fast enough and listen to ALL of her podcast! I wish I had this book when I was in high school.

If you want to self-discover yourself and be a true version of yourself, you will pick this book up! Absolutely amazing!!

This book has been life changing for me, so much I have told all my girlfriends about it. I am mastering my mean girl while learn Thst ultimate health starts from the inside out.

What an awesome book! This book hits so many points of life, exactly how the everyday person experiences them. Simple tips and helpful advice to help make each and everyday some better and more beautiful.

I absolutely loved this book! This book is just full of great ideas to help you calm down that nasty little voice in your head in order to be the best version of yourself. Mastering Your Mean Girl is full of positivity and self-love, so I'd recommend this to anyone looking to improve their life and find more inner peace.

I loved this book and Melissa's approach to life! While my 'style' is not as lovey-dovey to myself, this book contained a great approach to rethinking self-talk and building up your confidence. It's helped me reframe my expectations of my loved one and others, and I truly feel more content with myself. I have a lifetime of application of these principals ahead of me, and I look forward to it!

Writing is a little choppy, and I don't really connect with her story at all.

This is one of my favorite books. I have used it countless times as inspiration for my blog and in my personal life. Who doesn't need to tame that negative inner voice that limits our potential? Really fantastic.

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