

# UNTAME YOURSELF

## *Book Companion*

Congrats on choosing to download the book companion! I say congrats because your choice is proof that you're not messing around when it comes to your life and having the best possible experience.

Everything included in the book companion was carefully selected to save you the time, effort, energy, and frustration of having to seek out the information yourself or figure things out on your own.

What you're getting are practices, exercises, and resources that in some cases took me years to either find or test out, create and hone in my own life and with clients, so do me a favor, take it and run with it, will ya?

xo,  
*E*

*Click to access:*

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FRAMEWORK

LANGUAGE  
WORKSHEET

FORGIVENESS  
PRACTICE

EMBODIMENT  
BIBLE

ENERGY  
HYGIENE  
PRACTICE

PS - Please keep in mind, I published this book in 2015 and some of my views and practices have changed since then.

To check out what's most current and up to date, you can:

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