

For immediate release

Providing women the antidote to the flawed idea “I am not enough”

Contact for interviews/articles: Christy Gaudet christy@toci.org

Warrior Goddess Training Become the Woman You Are Meant to Be

By HeatherAsh Amara

Foreword by Don Miguel Ruiz, author of *The Four Agreements*

It's no secret that women today are juggling a lot! They make up more than half the workforce in the United States and are busier than ever with partners, children, family and friends, often putting the needs of others ahead of their own. And if they feel overwhelmed by it all or fall short of perfection, many of these ladies have learned to be their own worst critic rather than their own best friend.

That's where the warrior goddess path comes in.

In *Warrior Goddess Training*, HeatherAsh Amara provides women the antidote to the flawed idea of “*I am not enough*.”

Direct, honest, and unapologetic, Amara teaches women how to release layers of self-judgment and societal expectations and cultivate the authentic, perceptive, and perfect goddess they already are.

Drawing on the wisdom from Buddhism, the Toltec tradition, and ancient Earth-based goddess spirituality, the Warrior Goddess path includes personal stories, rituals, and exercises that encourage and inspire women to become the true warrior goddesses they are meant to be.

ABOUT THE AUTHOR

HeatherAsh Amara is the founder of Toci- The Toltec Center of Creative Intent and the author of *The Toltec Path of Transformation: Embracing the Four Elements of Change*. She lives in Austin, Texas and travels extensively. Please visit her at www.heatherashamara.com.