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Love Your Lady Landscape: Trust Your Gut, Care For 'Down There' And Reclaim Your Fierce And Feminine SHE Power



Synopsis

Love Your Lady Landscape is a healing journey through the terrain of what it is to be a woman. When a woman isn't in alignment with her feminine essence, she may experience exhaustion and overwhelm, lack sexual desire or passion for life, and generally feel "out of sync". In this book, Lisa Lister uses a myriad of tools and practices such as Earth based spirituality, shamanic teachings, movement and dance, and breath and sound work to teach women how to reconnect to their feminine wisdom in order to start rebalancing all aspects of their lives. Based on Lisa's own 11-year journey of healing and reconnecting with her body, this book will help you: - release guilt and shame from the past - explore self-pleasure and sensuality - understand, read, and connect with your body's signs and signals - learn about your menstrual cycle and its connection with the rhythms of nature and the universe - discover the sacred art of receiving - express your creativity - find your voice to communicate your needs, wants, and desires Love Your Lady Landscape will move women into a fiercely loving and healing relationship with their body and will teach them how to use its cycles and signs to create a life of vitality, fulfillment, and creation.

Book Information

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Customer Reviews

Wow! What a powerful and inspiring book! The way it's written, too, it's almost lyrical and poetical in the style. The rhythm of this book is really spellbinding. Parts of it gave me the chills. I love how you can really feel that Lisa was writing this through her hormone cycle - it's steeped in that level emotion and depth. She truly conveys the experience and benefits of living in and embodying your

cycle. There's so much in here, too, information and advice-wise. The kind of book that will truly change lives for the better.

I bought this book on a whim when a friend recommended it, I like self help books though I tend to get bored at times and don't always follow through with the exercises that are meant to change my life:) I started this book last night and I am already almost half way through, I am LOVING it, its the way its written, funny, raw and unapologetic, it's like sitting with a good friend and just chatting about awesome deep stuff. I don't know if the rest of the book will as good, I'm pretty sure it will, as the tone has been set, I just bought a second copy to give to a girlfriend. I have a feeling I'll be buying a few more to give away from now on!

I've had this book a month and already read it twice. I love Lisa Lister and her womb truths. This book is a call home to women who want to connect with their bodies, be unashamed of their emotions, and to hear the words of the divine feminine whispering from deep underground.

Am half way through and am loving this book!!! Love the down to earth, no bs language. Love the exercises throughout. Cannot recommend enough. If you feel drawn to this book, don't hesitate one second to dive right in.

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