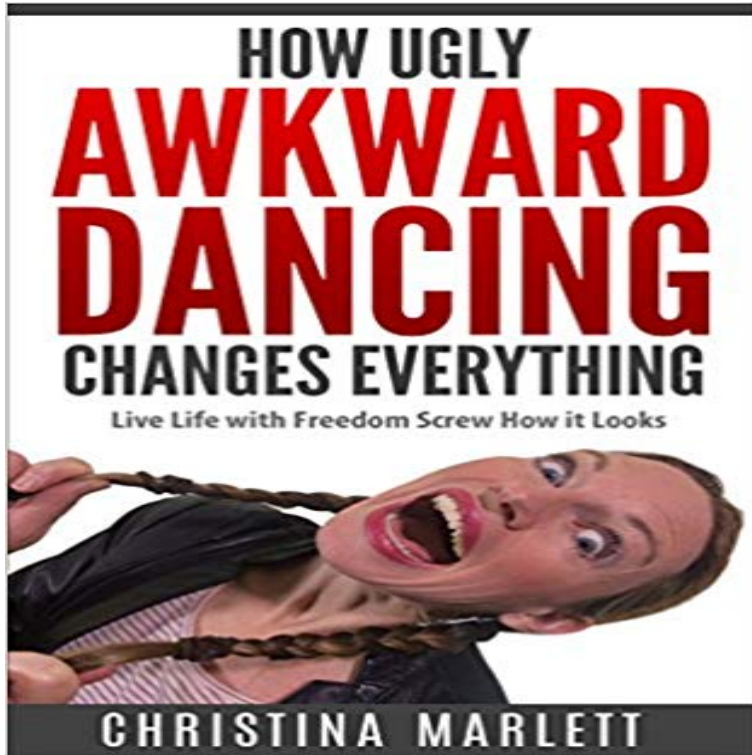


# How Ugly Awkward Dancing Changes Everything: Live Life with Freedom. Screw How it Looks.



Do you feel separate or disconnected? Are you tired of your frantic, busy lifestyle? When is the last time you felt truly alive, and filled with the joy of being? This unique and uplifting book will show you how you can liberate yourself from a hectic, unfulfilling life by creating and then deepening quality connections with your Body, your True Self, Others in your life and with Spirit. You will learn how to be happy without being perfect. (Here's where you sigh with relief. Ahhh.) This book is for people who: feel overworked and under-appreciated sacrifice who they really are so that they look good to the outside world hate their bodies stifle their emotions are in pain: physical or emotional are crazy busy but feel that they don't accomplish anything important or worthwhile are terrified of losing control As a recovering perfectionist and a devoted student of personal transformation, Christina has helped thousands of people get out of their heads (where the misery lives) and into their bodies (where there is only truth) using the most surprising tool: Ugly Awkward Dancing. When you read *How Ugly Awkward Dancing Changes Everything*, you will: discover the best version of yourself find out how to make decisions you can trust every single time create a better relationship with your body by learning about body wisdom uncover new ways to deepen your spiritual growth learn how to lighten up and have more fun become more kind and gentle towards yourself learn how to manifest your desires in a whole new way understand how to be more creative Follow the advice in this book and immediately shift from running on empty to overflowing with love. With the embodiment exercises, you will learn to dance ugly and awkward! What's stopping you from living the life you know you were meant to live? Freedom, joy and happiness are waiting for you inside this book. Scroll to the top and

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