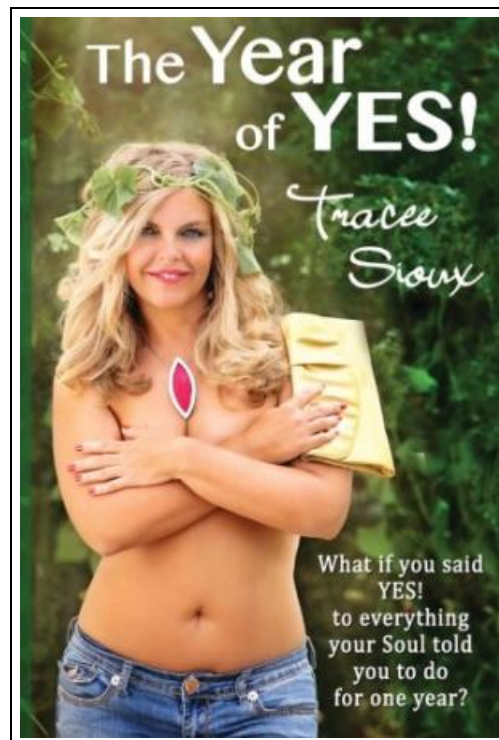


The Year of Yes!: What If You Said Yes! to Everything Your Soul Told You to Do for One Year? (Paperback)



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Reviews

*Excellent electronic book and helpful one. Better then never, though i am quite late in start reading this one. You wont truly feel monotony at whenever you want of your time (that's what catalogues are for relating to when you question me).
(Mabelle Dach III)*

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Sioux Ink, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. What happens when you say YES! to everything your Soul tells you to do for one year? The Year of YES! is one woman's spiritual journey to free herself from the conventions that bound her Soul. This unfiltered personal diary is a raw, unflinching confrontation with the pain and regrets of a jagged past, an exploration of sacred (and not-so-sacred) sex, a slaying of demons, a baptism, and a transmutation of self. Tracee Sioux starts her Year of YES! on the heels of a divorce. Having tanked her career for motherhood, she was making \$600 a month and feeding her kids from the food bank. Yet, her Soul made a promise: Follow me, I know where I'm going, I know the fastest, easiest way to get there and I will never, ever steer you wrong. She said YES! Sioux's Soul took her to Crazytown, realm hopping in other-worldly dimensions, to healers all over the globe (including a currandera in the Mexican desert who put a curse on her), to Meetup groups where they practice Orgasmic Meditation, to dating websites and an exploration of a deeper sexuality. She confronted her family pattern of addiction, and cast her own demons on the fire. Her Soul's intention: to heal her of 40 years of psychic garbage. Though Sioux's past is full of trauma-sexual trauma when she was a teenager, a series of relationships with addicts, being an eye-witness to 9/11 and giving birth three weeks later in Manhattan while suffering from PTSD, drug rehab for Xanax addiction, and severe anxiety and depression-her Soul leads her to the exact perfect circumstances, healers, rituals and magic spells to heal her and rebuild her...



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