

“AS YOU COME TO KNOW, DEEP WITHIN YOUR SOUL, THAT YOU ARE
LIVING A LIFE FULL OF INNER PURPOSE AND MEANING, YOU WILL
RADIATE THIS JOY OUT INTO THE WORLD, AFFECTING EVERYONE AROUND
YOU.”

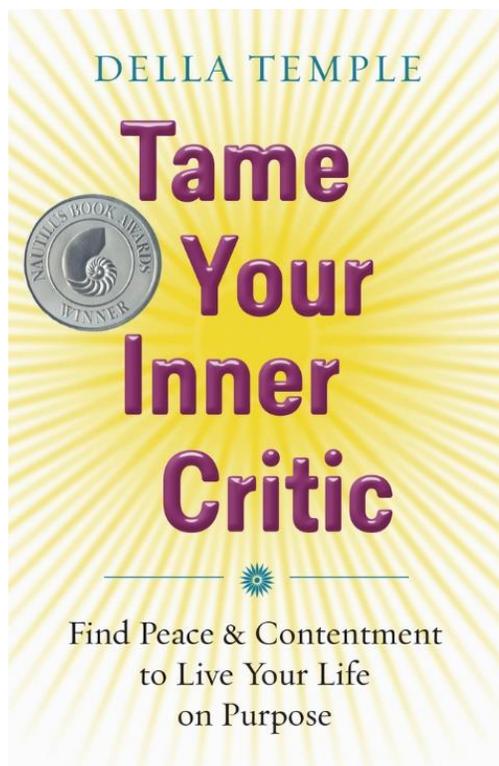
Della Temple, author of *Tame Your Inner Critic*
Find Peace & Contentment to Live Your Life on Purpose

ABOUT THE AUTHOR



Della Temple writes about melding the worlds of the physical and the metaphysical. She is an author, a teacher and a healer. She combines her love of anything analytical with her wide ranging interest in quantum physics and the world of energetic healing. She is a certified Reiki Master and has studied clairvoyance and psychic healing at Boulder Psychic Institute working under the direction of Miwa Mack.

Della is the author of two award winning books, *Tame Your Inner Critic Find Peace & Contentment to Live Your Life on Purpose*, (Llewellyn, 2015), and *Walking in Grace with Grief Meditations for Healing After Loss*, (Button Rock Press, 2015). She lives in the mountains above Boulder, Colorado.

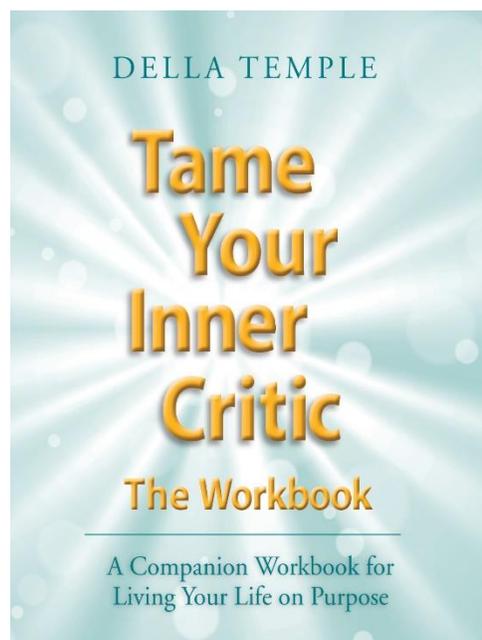


AWARDS: Nautilus Silver, IPPY Silver, and Indie Excellence Finalist

Explore the energy of your thoughts and turn the negative into positive. Discover how to use your innate intuitive abilities to heal these energies and discard judgments and criticisms that have built up over the years. With specialized exercises and meditations, this book shows you how to banish negativity, improve your relationships, and realize new ways to share your gifts with the world around you.

There's a Workbook Too!

The companion workbook is your diary, your journal, your best friend, and a lifeline to your internal wisdom, as you journey toward uncovering your life's purpose. Interspersed among the suggested 40 exercises and meditations are thought-provoking questions, urging you to dig deep into the recesses of your internal wisdom. By journey's end, you will have discovered your true north—your life's purpose and discovered the peace and contentment you crave.



Book: \$15.99 ISBN: 978-0738743950 Workbook: \$14.95 ISBN: 978-0692284049

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