



Warrior Goddess Training Companion Workbook

By HeatherAsh Amara

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Warrior Goddess Training taught women in ten lessons how to recommit to themselves, assess where they are, harness their strength and creativity within, and gain clarity on where they want to go. They're big steps to take, with big consequences, and the *Warrior Goddess Training Companion Workbook* supports women on their journey with deeper discussions of each lesson plus supplemental exercises and stories.

This is a great supplement to *Warrior Goddess Training*.

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Editorial Review

About the Author

HeatherAsh Amara is the founder of Toci--the Toltec Center of Creative Intent--based in Austin, Texas, which fosters local and global community that supports authenticity, awareness, and awakening. She has studied and taught extensively with don Miguel Ruiz, author of *The Four Agreements*, and continues to teach with the Ruiz family. HeatherAsh brings an openhearted, inclusive worldview to her writings and teachings, which are a rich blend of Toltec wisdom, European shamanism, Buddhism, and Native American ceremony. She is also the author of *The Toltec Path of Transformation*. Her website is www.toci.org.

Users Review

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