

## The F--K IT Manifesto: A womans kick-ass guide to liberation (Men, too!)



The Manifesto contains 65 claim-your-life and your liberation F--K ITs to be used as revelations and tools for thought. This gentle guidebook/workbook will help you discover how to honor YOU whether anyone else is in agreement or not! Each F--K IT is accompanied by a powerful question to contemplate. Where have you bought into limitations? Where have you sold yourself out to the beliefs others hold of what's right for you? Where are you resigned in life? How can you live bigger?

Be prepared to look at life differently and step into living with greater awareness, greater joy, greater emotional strength. The information in this book was gifted directly from the Divine at a time when humanity could use an awareness call. You will love the way this book takes the things that hold you back, makes them real, brings them into the light, and dismisses them just as easily, with a nice F--K IT. Know that which is in your highest and greatest good is ALWAYS in the greatest good for all! Be ready to discover where you are not honoring the fullness of who you truly are. If you are challenged by saying F--K IT to that which no longer serves you, this is definitely the book for you!

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