



Find Your Inner Voice: Using Instinct and Intuition Through the Body-Mind Connection

Karol Ward

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Our instinct and intuition are available for us to use in everyday life. Yet over time we lose the ability to locate and trust those innate guides for decision-making. We might get an occasional flash of information but end up discounting our instinctive feelings and intuitive insight. In *Find Your Inner Voice*, you will learn how to reclaim those inner resources through the power of the body-mind connection.

This book will teach you how to make decisions about love, relationships, career path, health and spirituality by using your body as a natural compass. When you learn to trust your instinct and recognize your intuitive voice, you can use them both to make everyday decisions and larger, more significant life choices.

Psychotherapist and professional speaker Karol Ward illustrates how to get the body-mind connection flowing and then helps you approach goal-setting from the inside out. She combines a five-step methodology with practical exercises that wake up the body and mind. From there, you will learn to recognize the inner voice that not only "knows" what you need but also "knows" what to do in order to achieve your goals.

Find Your Inner Voice teaches you how to:

- * Access the power of the body-mind connection for decision-making.
- * Recognize your own instinctive and intuitive signals.
- * Develop your insight through specific how-to exercises.
- * Apply the information you receive to all aspects of your life.

This book shows you that when you reconnect to your body, you connect to your true self. And when you are truly yourself, you are truly alive.

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