



# The Beauty of Vulnerability: Being Healed & Being a Healer

*Jennie Williams*

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# The Beauty of Vulnerability: Being Healed & Being a Healer

*Jennie Williams*

## **The Beauty of Vulnerability: Being Healed & Being a Healer** Jennie Williams

Our life experiences create patterns in our bodies. Depending on our experiences these can be positive patterns or negative patterns. How do you know what patterns you hold in your body? How do you know how these patterns are affecting you? How can you change any unhealthy patterns for healthy ones? So how do we heal? We heal best through relationship with ourselves and other people. To do this we need to drop our guards and reveal our true authentic selves. This book helps you dare to look inside and find the real you. When we are able to be our real selves we discover the beauty of vulnerability. Instead of feeling like a weakness, vulnerability becomes our greatest strength. 'The Beauty of Vulnerability' helps you understand what is blocking you from being your authentic self and shows you how you can let go of those blocks. 'The Beauty of Vulnerability' will help you along the road to become more healthy, happy and fulfilled.

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