

Growing You – Your journey inward begins in this place

By Sarah Williams, Certified Health Coach

Introduction

This book has been written in response to the feedback from Sarah's 5-week program called "Grow You— Five Weeks of Intentional Movement into Yourself." The purpose of the program is to introduce four concepts she's recognized as contributing to her own life goals of wellness, personal growth, and self-acceptance. When actualized through personal awareness and practice, these concepts can carry success into every area of one's life.

Within these pages are the four concepts, introduced in a way that supports your independent movement through them by offering pertinent suggestions of integration. Specifically, each chapter concludes with an Invitation to *Growing You* section, followed by Two Simple Steps Bringing You Closer to You. The process by which you develop your meaning is completely your own.

Sarah's hope is that *Growing You* will contribute to defining your own unique and beautiful expression of living well with health, as it has hers and many others.

For more details on Sarah's background in personal development training, an equally important aspect of health, please refer to her website:
www.healingheartbeats.com.

May the journey you begin always find its completion, only to allow you to begin again.

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