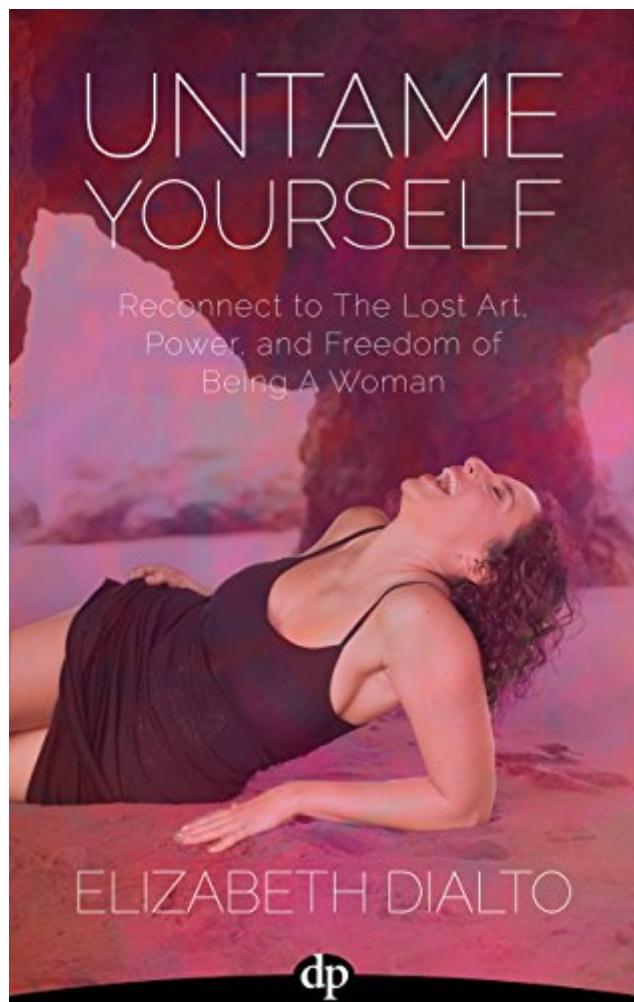


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# Untame Yourself: Reconnect To The Lost Art, Power And Freedom Of Being A Woman



## Synopsis

Untame Yourself is about bringing women home to themselves in a grounded, practical and inspirational way centered around the belief that, "Everything you've ever needed has always been inside of you." It's about getting out of your head and into your body, creating better boundaries and using discernment. I write about not only relating to yourself in a more loving, peaceful and powerful way, but learning to communicate with others from a place of compassion with an open heart for more positive outcomes, greater intimacy, and deeper connection. Finally, the book also teaches you how to balance, integrate and harness the often unknown or misunderstood gifts in both your masculine and feminine energies.

After being a personal trainer for years and teaching women how to work out, I realized the importance in my own life and that of clients of working in. That inspired me to create Wild Soul Movement in 2013. From there through my blog, a Facebook group with 3500+ members, YouTube videos, free online challenges, paid programs, courses, coaching, and a podcast, I became intimately familiar with the struggles of 21st century women. Some of those struggles include:- lack of trust, a need to control everything, and exerting an exhausting amount of force, effort and energy to make things happen all the time.- body image issues ranging from never feeling comfortable in your skin to intense eating disorders and chronic self-loathing.- terrible boundaries, incessant people pleasing, putting yourself last and the stress, resentment, low energy and even illness that comes with it.- highly unsatisfactory relationships in all categories, romantic, family, professional, and friendships.- shame, low-self-esteem and harboring secrets, or emotions you don't feel safe to share with anyone "for fear of being judged, abandoned or labeled as crazy • , bitchy • , high maintenance • or needy. • We live in an odd time. Western women, especially, have every right and capability of western men and that's confusing. We've been cultured and conditioned to behave, basically, like lovelier versions of men "which often leaves us burned out, resentful, stressed to the max, and sometimes, in identity crises, totally disconnected from our bodies, our souls, and the truth of who we really are.

Untame Yourself is the guidebook I wish I'd had several years ago when I began the process of awakening to who I really am and developing a personal relationship with my own femininity. I've filled its pages with practices, tools, advice and stories to help you have an easier, more graceful experience than I did. I also aim to save you the time of figuring much of it out as you go as I did, too.

## Book Information

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## **Customer Reviews**

Elizabeth Dialto went from my personal trainer to life coach- she's helped me to get the body and the life I have always wanted using the tools in this book! Elizabeth will give you the confidence to take control by trusting your intuition, gaining self acceptance, allowing yourself to dream/desire and using your voice to get it! Elizabeth's known for making anything EASY, as you will see in this book. Life's challenges will no longer be....challenging. I have seen many women get results with Elizabeth...and now you can too with her fabulous book! The only thing her book is missing is her contagious, belly laugh- you will have to check out her amazing podcasts for that. Beware! They are addicting and will require hours for binge listening! Enjoy!

I have loved books as long as I can remember. Some people undervalue books saying things like, "I'd rather be out living my life" and I agree that experience is highly valuable. It's in books however, many times over that I have remembered who I am and come home to deep and timeless truths about my existence, path and purpose. It's my sincere hope that within the pages of my little gem, you may have such experiences, too. We're living at a time where being

disconnected from our bodies, our souls, and what's really true for us as individuals is causing a lot of harm, not just in our own lives, but globally. I wrote this book AND I'm also a consumer because everything I've poured into this baby, I have used and continue to use everyday in my own life and with my clients. My belief in this material is unwavering because I've seen it work over and over again. In fact, as I type this review I just finished running my first retreat in Costa Rica yesterday (picture attached!). 14 women from four different countries flew in and I didn't have to plan a thing for our four full days together because after writing this book, there is no preparation required, and each woman left 100% satisfied with her experience. That's Untamed living - ease, flow, grace, trust, and communion, and it feels SO DAMN GOOD. Any woman can implement even just one concept, exercise, practice or idea from Untame Yourself and experience enormous benefits. I kept it super simple and created a book companion that readers can download to delve deeper into the practices and resources in the book. It's meant to be useful. The only thing I haven't done for you in the book, is actually do the work for you in your own life. That part is up to you. Big love, Elizabeth

I've been following her and her boyfriend's wonderful Facebook page posts for a few months and finally read this book of hers in my ongoing commitment to nurture myself as much as I tend to nurture others. This book was just what I needed. It is so straight forwardly written and with such an abundance of love, compassion, and kindness. I just loved it. The 2-3-4 morning ritual alone is worth the price of the book. I recommend this to anyone who feels a little burnt out, or lost, or disconnected from the path of vibrant and grounded self-nourishment and is looking for a book that will be gently uplifting, practical, and hopeful. She has a way of writing that was truly refreshing and delightful. I'll be recommending it to friends and clients.

"Home is not a place. Everything we've ever needed has always been inside of us." If there's a singular message from this amazing work, this quote is it. Elizabeth tells a raw, personal, sensual, honest story about how she came to celebrate her own inner wildness. Here's the thing--we all have the same drive to untame ourselves. Especially in a world we've designed to tame us--on our own volition. Elizabeth's journey towards freedom and intimacy is beautiful--and the way she tells it reflects her own maturity and inspiration. Thank you Elizabeth!

Growing up, I never really had any strong female mentors in my life. Luckily, I have found some along my spiritual path, and Elizabeth DiAlto is one of the most influential. I have been a student of Elizabeth's for about a year, and this book is one of the biggest gifts she could give to her students.

Untame Yourself is full of wisdom, but is also very easy to read and understand. Elizabeth's voice in this book is as though she's talking right to you in your living room. It's raw, it's open, and it's conversational. If you download this book, you will definitely find wisdom about connecting to your feminine power and if all of us ladies do that, then we have a revolution on our hands. Thank you, Elizabeth, for having the courage to do this work in the world.

Full disclosure: Elizabeth is a friend & I received an advanced copy of the book. From the very first time I met Elizabeth, I knew she had a massive message to share with the world. 'Untame Yourself' is a big step in delivering it. If you're on this page & reading these reviews - - I recommend going with your gut and giving this book a read. Even as a man, I've learned a lot from Elizabeth on the topics she lays out in 'Untame Yourself'.

This book is like a fresh breath of actionable, relaxed salvation for the withered and weary feminine. I love Elizabeth's personable writing style, client stories, and beautiful exercises and perspectives. Deeply recommended for women who are ready and aching to relax all the way into their mystery and magic.

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