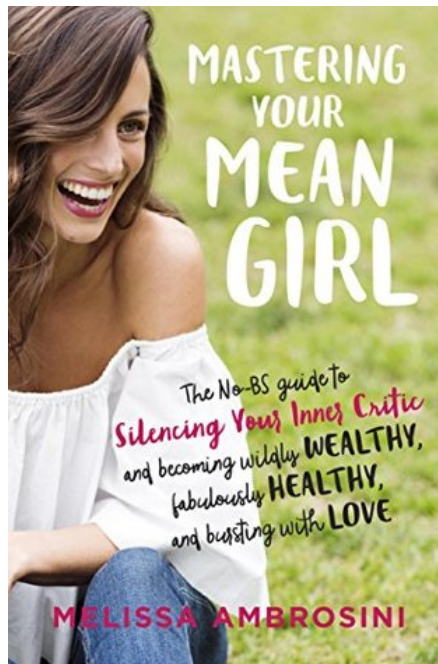




Mastering Your Mean Girl: The No-BS Guide to Silencing Your Inner Critic and Becoming Wildly Wealthy, Fabulously Healthy, and Bursting with Love

Melissa Ambrosini

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Ready to live your dream life?

You know that sneaky voice inside your head telling you that you're not good enough, smart enough, pretty enough, whatever enough? That's your Mean Girl. And she's doing her best to keep you stuck in Fear Town, too scared to go after the life you always imagined.

But enough's enough! Melissa Ambrosini has made a life beyond her wildest dreams, all by mastering her Mean Girl, busting through limiting beliefs and karate-chopping through the fears that held her hostage for years. And now she wants to help you remember not only what you are capable of, but how amazing you truly are!

In this inspiring, upbeat guide, Melissa provides a practical plan for creating your own version of a kick-ass life — one that's wildly wealthy, fabulously healthy and bursting with love. Designed to propel you out of stuck-ness and into action, this is a must read if you're ready to let go of your Mean Girl and start living the life of your dreams.

From the Trade Paperback edition.

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From Reader Review Mastering Your Mean Girl: The No-BS Guide to Silencing Your Inner Critic and Becoming Wildly Wealthy, Fabulously Healthy, and Bursting with Love for online ebook

Carolyn says

I have no idea how this book came to be in my Audible library and I have never heard of Melissa Ambrosini. I had a long car ride ahead of me and settled in for the drive. Melissa seems to be a warm and caring and very authentic person. That is the good part.

I could not finish the book but had to stop after the 3rd or 4th chapter. The yada yada yada about soul share, how you “show up,” and “the best version of yourself” got old, then got to be just a downright waste of my time.

Imparting advice such as loving yourself, making time for yourself every day, not falling into the “busy” trap of our culture, and readjusting unmet expectations are all way overdone themes that don't tell me anything new.

It cracks me up how someone as young as herself is imparting wisdom to the world. I appreciate her own journey, but please. We all have one. We just don't write about it. This book was a lot of rambling on about nothing. She states the obvious more times than I can count. She seems like a wonderful person, however, and a good friend to those around her. All I can say is Bless Her Great Big Australian Heart.

Rebecca says

Amazing and inspiring. Love and recommend!

Mandy Pargeter says

Fabulous read, such rawness and honesty.

Melissa Riley says

I started this book with really high expectations (which we learn is a bit of a no no), my 'mean girl' is actually a huge part of me & sometimes controls me to the point of complete shut down.

The beginning chapter: love vs. fear made me think of a scene in the film Donnie Darko, sometimes things aren't that simple. In the quiz for this part of the books my answers would have fell in a no-mans-land middle ground between the love and fear options. I understand the foundation she's trying to lay by I think there is a lot more depth that needs to be explored.

The second chapter: Flexing your self love muscle rang much more true to me. She speak about not having

expectations & not getting bogged down in 'busy' - A situation I'm familiar with. You can also tell she's read pretty widely in the field she's talking about, there is a lot of references to other books that you could check out if you were interested in reading more deeply on a particular subject.

I think Melissa is so brave and strong to share so much of her life with us. I endeavor to be more like her everyday, because, lets face it, a world with more people like Melissa Ambrosini would be a great place to live. I also would like to finally read Make Peace with Your Plate by Jess Ainscough, I've had it for a while but it sits a little lonely on my shelf. Melissa talks a lot about hoe she was inspired by Jess so I want to know more about her ideas.

The downloadable content on Masteringyoumeangirl.com is pretty great. There is all the soul shares and activities that are shown in the book as well as guided meditations that I'm really looking forward to trying.

This book was full of 'ah-hah!' moments for me and I would definitely recommend to anyone who is wanting to be their best self everyday.

Teresa Svarc says

The BEST personal development book I have EVER read/listened to. Melissa is incredible and I would recommend this book to anyone who wants to work on every aspect of their life, especially in the audiobook version because Melissa's voice is a miracle on its own. Love, love, LOVE.

Jo says

Melissa Ambrosini's Mastering Your Mean Girl was like a nice long conversation about learning to pay attention to our negative inner voices. I mean, my inner mean girl is such a Debbie Downer and I have to tell her to go away sometimes. And we all deal with this voice that says, "you can't do this" or "you suck." All of these crap conversations that I often have with myself are of course from a place of fear. It is easier to avoid doing things or being mean to yourself than to bravely go for it! Ambrosini encourages readers to use love. Love yourself, the place you are in, treat your body with that same love.

I think one of my biggest takeaways from this book was that "there is no such thing as forgiveness." Right and wrong doesn't exist until we assign one or the other to a person, situation, etc. There are only things we need to let go. Often we get upset over something minor and it literally only bothers/annoys/angers you. The other person goes about their merry day while you fume. For me this was an important reminder that nothing matters if I don't want it to matter. I would rather focus on the things that will serve the world or serve others that come from my love and passion.

This is a wonderful book for women to remind us that we should love ourselves and to talk to ourselves (internally) like we are our own best friends.

Paige Gardner says

My sister is very much a part of Melissa Ambrosini's universe (holistic health, nutrition and exercise focus, entrepreneur, life coach), and I am not. When she gave me this book, I laughed at the seemingly cheesy title

and put it in my bag. That night, I felt this strong nudge to open. As I embark through life and maneuver it as a woman in her early 20s trying to figure it all out, I found this book very helpful. Melissa offers some great concrete advice and steps to improve your mental, physical, and spiritual health. It felt like all the things I wanted to be hearing right now. I found myself underlining many different sections. The language she used in the book can be a bit corny at times, but it didn't take away from the powerful overall message. I'm excited to share this book with some friends that may be looking to improve their own lives!

Jessica Shelley says

1st Read: Wow! I was not expecting this kind of life-changing thing to happen. I encourage any women and girl who has the time, to pick up this book! I promise you, you will not regret it. Simply beautiful <3

2nd Read: Still found something new the second time around. Many breakthroughs and a great refresher! Definitely needed this!

Chelsea Seba says

AMAZING! AMAZING! AMAZING! Not the typical self-help book. Ambrosini give a fresh and creative perspective as well as many ways to apply what she's teaching. I think this should be required reading for every woman and girl.

Kristy says

Most amazing book I've ever read! I've made so many changes since reading this book and already feel so amazing for it. I 100% recommend this book, do yourself a favour and buy a hard copy! There is tons of inspo action to take part in so you really feel connected to what you are reading.

Jill says

Ok, wow. So let me start by saying I am *not* the intended audience for this book. Every time a Melissa Ambrosini ad used to come up on my Facebook feed, my eyes would roll so far back in my head that I was worried they would get stuck there and I would die. The kind of hot, underqualified, online spirituality guide I'd assumed her to be did not appeal to my cynical eyes one bit.

And don't get me wrong, this book is filled with eye rolls - for example, the fact that there is a professional photo of Melissa looking mad hot and artsy on every second page. Like good for you girl that bod is tiggghghht. But also, like, ugh, come on.

But in spite of all of the things that should make her unlikeable, Melissa comes across as sincerely relatable and likeable in this book. She's funny, she's incredibly kind, and she doesn't take herself too seriously. Yes, sometimes she's very woo-woo - manifesting gets a lot of air time, as does the phrase 'soul sisters' which makes me gag without fail. But she also takes some of the more complex teachings of say, the ACT method and translates them incredibly well into millennial - and she's quite open about it. She admits in the opening

chapters of the book that your "mean girl" is just another name for your inner critic, the ego, or the negative "stories" we all tell about ourselves.

And you know what? For me, at least, her approach really resonated. I mean, I did a lot of eye-rolling, but do I feel more motivated and cemented now in things I potentially knew, but perhaps struggled to apply? Yes, I do.

Some of the nitty gritty of her approaches didn't sit well with me, for example, there are a LOT of foods she doesn't eat, and she does have a little bit of an anti-western medicine bent at times. But overall, this is a likeable and easy to read guide to concepts that can sometimes be difficult to grasp when explained by an old white guy - and for that Melissa should be very much commended.

Madeline says

This book was a bit airy for me. It seemed to be an extension of the law of attraction - a concept I am strongly against. I didn't like how Ambrosini referred to the reader in terms of cliched endearment. It all came off as a little bit whispy. However, I can see how some people would benefit from this.

Norma says

excellent read!

Bethany says

<http://psychcentral.com/lib/book-revi...>

"But I don't have an inner mean girl!" That's what I was inwardly yelling upon picking up Mastering Your Mean Girl. Of course, the voice in my head that responded (i.e., the Mean Girl) was telling me that I had been the victim of mean girls, that I was mousy, too quiet, too loud (at the same time), too fat, and too quirky to really benefit from from author and coach Melissa Ambrosini was writing about. Self, meet "Mean Girl."

As defined by Ambrosini, a former dancer, entertainer and luxury-liver extraordinaire, the Mean Girl on the inside is simply the ego. The Mean Girl is the never-ending source of negativity, self-deprecating talk and fear-based ponderings. Ambrosini rooted out her Mean Girl at proverbial rock bottom while I found mine as I endeavored to start my own business while attending school full time and trying to get out of debt. Regardless of the point of contact, the author purports that everyone has their own Mean Girl telling them they can't, they won't, and they're not good enough to do whatever they are dreaming of.

Mastering Your Mean Girl doesn't attempt to eradicate every life experience or negative thought you've ever had, as many self-help books attempt. Instead, it focuses on how one key component — love — changes your perspective from one who lives with a negative-Nancy mentality to one with love for yourself, others and for life. At first glance, the concept seems campy and overdone, but Ambrosini focuses on the value of loving yourself first from the honest perspective of someone who knows the dangers of not doing so.

In the first part of the book, she tackles the force that so often keeps us limited by our Mean Girl: fear. She

challenges the reader to look at the genuine motivation behind each decision and whether it is fear or love.

One that hit me particularly hard was taking every job or gig I was offered (even if I hated it) out of fear that there wouldn't be another and I would run out of money. Love says that you deserve to hold out for the right opportunity, so stop taking the wrong ones, while fear says grab all that you can because there is only so much. She throws down another gauntlet by challenging readers to unconditionally love themselves, instead of only showing self-love when they accomplish a goal or handle something just so. The primer on love rounds out with a comment on self-worth. Someone who loves herself and understands the value of doing so believes that she is worth things; she is worthy of success, joy, and most of all, reciprocated love.

From this foundation, Ambrosini challenges her readers to live from the position of being loved, asserting that only once they love themselves and believe themselves to be worthy of love can they live from love and send it onward. What does that look like? Taking care of your body and having a healthy relationship with food, pursuing only what makes your heart come alive (because you're worth something that you're passionate about!), having a positive relationship with money, and nurturing healthy connections with others. Ambrosini says it's living from these "love yourself" points that starves your Mean Girl and shuts her up for good, and it's from that happy place that the self-confident and "love-centered" girl that can give back to the world.

Do these tenets work, or are they another self-help ploy meant to inspire and pump up the reader without producing tangible results? The real kicker is the fact that Ambrosini writes with conviction based in a wealth of negative and positive personal experiences. As I read her book, I found myself nodding along because it's not only believable, I can hear her heart and soul in the pages. She has lived these moments and has seen the impact loving herself had. As a reader, I appreciated her message and the candid way it was delivered, and I will likely return to these pages for inspiration as I battle my own Mean Girl with loads of self-love.

One thing that I feel is important to note is that Mastering Your Mean Girl doesn't read like a traditional self-help book, but as a companion journal to a life that once was marred by self-destruction and is now a testament of victory over fear, self-hatred and self-abuse. Some testaments should be taken seriously and honored as they are; love yourself, take time to cultivate positive, healthy relationships with your world and those in it, and watch that Mean Girl take a hike.

Ella Fleming-Christie says

I have to say that this is the first guide that I've started to read... and finished! Let alone in the time frame of two days. I cannot express myself enough when I say that I loved this so much because it is exactly the type of book I needed to read at this point of my life. Just by reading the title and subtitle, you wouldn't think at all that this book has basically everything you need to know about creating the best life for yourself. Of course the blurb on the back describes everything you need to know - all I am saying is that this guide was more spiritual in almost every way (not in the religious sense) and I couldn't have received a better book from HarperCollins New Zealand.

Read more at: <http://wordsofeuphoricnostalgia.blogs...>
