



PRAISE FOR REFORM YOUR INNER MEAN GIRL:

“Use this book as a coach, a comforter, a BFF, and a path to a more joyful life.”

—Martha Beck, *New York Times* bestselling author and columnist for *O, The Oprah Magazine*

“This book will not only help you feel happier when you learn to combat your inner demons and breath life into your inner wisdom; it’s also literally medicine for the body, mind, and soul.”

—Lissa Rankin, MD, *New York Times* bestselling author of *Mind Over Medicine*

REFORM YOUR INNER MEAN GIRL:

7 STEPS TO STOP BULLYING YOURSELF AND START LOVING YOURSELF

There’s a bully living inside you and it’s time to send her to Reform School!

There is a silent epidemic spreading like wild fire among women causing tremendous stress and unhappiness—that few talk about but all suffer from. It’s called self-bullying. Inside every woman exists an Inner Mean Girl who makes sure that no matter how successful she appears on the outside, she’s beating herself up on the inside.

In their unique approach specifically for women, bestselling authors, Amy Ahlers and Christine Arylo have finally found a way to breakthrough the negative self-talk and self-sabotage. Their proven process has helped over 30,000 women to:

- Reveal their personal types of Inner Mean Girl
- Expose the motivation behind their self-sabotage
- Transform self-criticism into self-compassion in minutes
- Distinguish between the voice of their inner critic and Inner Wisdom

Playful, practical, and powerful, this 7-step process empowers women to transform their Inner Mean Girl into an ally and commit to following their Inner Wisdom, no matter what.

ABOUT THE AUTHORS:

Amy Ahlers and Christine Arylo are the cofounders of Inner Mean Girl Reform School, which has helped tens of thousands of women create more self-compassionate relationships and make more self-empowering, self-loving choices. Master coaches and transformational teachers, internationally recognized speakers, and bestselling authors, Ahlers’ and Arylo’s inspiration and guidance have been featured in places such as CBS, ABC, NBC, TedX, and the *Huffington Post*. Visit them at www.InnerMeanGirl.com