



***Reform Your Inner Mean Girl:  
7 Steps to Stop Bullying Yourself and Start Loving Yourself  
by Amy Ahlers & Christine Arylo***

**Endorsements**

**“If you have an internal ‘mean girl’ who has you feeling down about your situation, your past, your future, and your chance for happiness, Amy Ahlers and Christine Arylo are just the kind of people who can pull you back up.** 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*

“Today, women are unhappier than ever, and we need new tools to deal with our overwhelm and our overly critical minds. Christine Arylo and Amy Ahlers have developed a transformational process that offers women important keys to greater happiness. **This is deep work that is effective and accessible.**”

—Marci Shimoff, *New York Times* Bestselling author of *Happy for No Reason*

**“Read this book and change your life.** It will explain who your inner mean girl is, why she acts like she does, and how to transform her into a self-compassionate inner guide.”

- Kristin Neff, PhD, best-selling author of *Self Compassion, the Proven Power of Being Kind to Yourself*

“Christine Arylo and Amy Ahlers’ deep, provocative, and fun Inner Mean Girl transformation process **gives women the gift of an accessible, light-hearted experience** that shows them exactly how to wrangle their Inner Mean Girls into submission. It gets my fearless stamp of approval!”

—Rhonda Britten, Emmy-award winning author and founder of *Fearless Living*

**“Christine and Amy are an unmatched team when it comes to teaching women how to stop being so hard on themselves.** Like ghost-busters, they are brilliant at shining the light on the shadow that has the power to disable even the most confident and successful woman.”

—Kristine Carlson, *New York Times* bestselling author of *Don’t Sweat the Small Stuff for Women*

**“The Inner Mean Girl work is essential to the development of the feminine psyche.**

Many books have been written about how to navigate the inner dialogue of women, so we must wonder why are we still so hard on ourselves? This book holds the key to unlock that mystery. I have personally witnessed thousands of women’s lives transformed through the technology Amy and Christine have developed.”

—Shiloh Sophia, Artist & Founder of Cosmic Cowgirls

**"When you are ready to stop beating yourself up and start loving all of who you are instead, it's time to read this book** by Christine Arylo and Amy Ahlers and send your Inner Mean Girl to reform school for a serious life upgrade."

-- Alexis Neely, New Economy Finance Expert

“This book will not only help you feel happier when you learn to combat your inner demons and breathe life into your inner wisdom; **it’s also literally medicine for the body, mind, and soul. Imagine, a book that might improve your longevity while freeing you from the beasts of negativity that inhabit your mind! Just what the doctor ordered...**”

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

**This book offers every woman a tremendous gift of freedom from self-judgment and unrealistic expectations.** When a woman liberates herself from the prison of being ruled by her inner mean girl, she is free to express her true self and live a life knowing she is deserving of all her heartfelt dreams...and is empowered to make them come true!

— Christine Hassler, Author of best-selling book *Expectation Hangover*, Speaker and Life Coach

**Ahlers & Arylo have created a significant paradigm shift with their Inner Mean Girl work.** They are changing the way people relate to their Inner Critics, and people think and act more powerfully as a result. After over 25 years of teaching and practicing self empowerment, I heartily recommend their work and have witnessed the resulting transformations firsthand.”

—SARK (Susan Ariel Rainbow Kennedy), bestselling author and artist

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