

HOW GOOD

ARE YOU WILLING TO

LET IT GET?

Update



Dearest Early Book Buyers,

Yesterday, Alice and I learned that there was a wee error in my new book- there was no June 4!

Please accept our apology!

We are only human. Well, and spirit elephant.

Please accept this printable version of the missing page.



Cutting it out and taping it in with some good old fashioned tape into the back of the book will make for a unique and powerful reminder that it is not our perfection that is needed in this world. It is just us, in all of our authentic, raw, and, sometimes, messy glory. Alice shared with me today that this page is very important!

Radical self-love and acceptance are very badly needed.

We are correcting the file so that future book buyers will receive a corrected edition.

We send you all of our love!

*Sarah & Alice
the Elephant*

If you would like a corrected edition, please contact me at sarah@follllowyourfeelgood.com and I will arrange.

BE TRANSPARENT

ALICE THE ELEPHANT

“Let your so-called defects shine. This is what makes you so fucking kick-ass! Let others see right through you. Laugh together at those neurotic tendencies. Confess why you kept your darkest secrets quiet in the first place. That fear of flying (literally or metaphorically)? Own it! It’s disarming to your fellow humans and invites them to be blissfully authentic right alongside you.”

SARAH

WHEN I WAS FIRST DIAGNOSED with ADHD, I was filled with shame. Everything I’d read about the “disorder” made me feel inferior. I hired an ADHD coach, who told me I shouldn’t tell my partners at the hospital about it or they could fire me. “What? So, I’m supposed to hide this?” Around that time, Alice appeared on the scene and reminded me that all the ADHD characteristics I had were also a gift. I was on Earth to do a special kind of work. That was such a relief. Everything “wrong” with me was what was right with me. Then I began to talk to others about my ADHD. It felt so freeing not to keep it to myself.

Share your vulnerability with another person. Let them really see you.

Dear God, take away my fear of being who I am with others. Help me live free.