



Dance with your soul



Angie Weihs

Ageless Rebel: The Empowering Planner and Playful Journal to Create Your Beautifully, Fearless, Ageless Mindset and Lifestyle (Guided Edition)



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This interactive and playful planner is a flashlight to your soul, link to your spirit, and a badass coach for your brain and fab fit body; Everything you jot down becomes your guarantee to yourself. Hook up to the larger picture and discover the mirrors and text messages in the globe around you. Examining your achievements at the end of the day gives you power and inspiration for another. a trip into agelessness. SET A FRESH RHYTHM. And for each and every day you'll enjoy 1 web page for your morning thoughts and intentions, 1 web page for your day's reflections and monitoring meals, snacks, and workout. Uncover the diamonds in your detrimental judgments and transform your pain into power. we develop into our amazing potential. When you FIGURE OUT HOW TO LISTEN you supply the Universe permission to have your back again. SOUL – In your sacred space and period is no space for doubts. Just like a sorceress, you'll invite your soul to play. In this secure space we'll discuss problems and wins, questions and fears, as well as your amazing aha's. SPIRIT – Zoom into yourself with meditation and mindful hacks throughout your time. BODY – Easily program and track your improvement, and set reminders to reward yourself for your wins. Repetition will re-place your outdated beliefs with powerful new thoughts. ENJOY Great BONUSES - As well as the fun planner and daily journal, you not merely access our private Facebook group, you'll receive the e-mail mini course "5 Ways to Unclutter your Internal Drawers" for free. FORGET ABOUT YOUNG OR Aged; LET'S OWN OUR AGELESS POWER. For every of your two months of powerful setting up you have 2 webpages to jot down your favorite affirmations and morning/evening rituals for the month, 2 "checklist" web pages, which let you keep track of things you really wish to accomplish every day (like drinking lemon water or reducing sugar). this journal helps us gain the self-confidence to no longer need anyone's acceptance, we are absolve to sport our lines and wrinkles or use cosmetics for smoothing magic. DETAILSThe Ageless Rebel opens up with a play box looking forward to you, filled with inspiration for your mantras, rituals, nutrition, health supplements, mindful actions, and action breaks. At the beginning of each week you get 1 web page for your week's mantra, goals, and rewards, 1 web page to add your actions to your days. Brain – Observe, reflect, and change your brain. Forget work, have to, and have to, that is your play floor where even everything you don't immediately achieve becomes an asset. As badass women, we do things differently. Ageless Rebel, Angie Weihs, world traveler, independent entrepreneur since the 80's, and previous journalist for prestigious women magazines like Vogue, still left a secure cushiony life to reinvent her self with 60. Guided by her soul she made this interactive lifestyle playbook, planner, and journal to greatly help transformation your limiting beliefs and situations into superpowers. We don't grow old; End up being YOUR OWN GURU through the use of your mantras and affirmations just like a pro. For those of us already proud of the wisdom of several decades however, not quite happy in our skin; Throughout the planner you will discover prompts clarifying your path, coloring webpages for meditation, and empty webpages for brainstorming and brain maps. And best of all, you don't need to do this alone, your soul sisters, co-goddesses, and warrioresses inside our private Facebook page, "The Ageless Rebellion" will make your exploration fun and the self-discipline so easier. In the journal you'll find devoted space and inspiring illustrations to create your own creative rituals that may SET YOUR IMAGINATION FREE and guide you. If you love it and want more, The Ageless Rebel book will be published in the summer of 2017 with in depth tales and exercises. The publication will support the next phase of your trip: how to reinvent your daily life with the power your soul.



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A lovely book inside and out! It provides plenty of space for us to riff, but it also carefully coaxes us with suggestions like morning rituals, affirmations and rest prompts so we won't stray. I've used it limited to couple of days but it's currently helped me adhere to a few of my goals (when out on a run!). It's also great fun to use! It's a lovely, inspiring planner, and it feels like the author will be with you on your journey.

A Joyous Romp Through Your Core This playbook by Angie Weihs is fascinating. Angie offers magically taken the hard work we should do to find that authentic place within ourselves that teaches self-like and how it is that we find what gives us true joy inside our lives. It isn't as easy since it sounds, but the way she has provided these lessons are playful, fun and suggests to us all what a sweet trip our lives are as we gradually look inside. We recognize how very effective we each are when we decelerate long enough to stop kowtowing to what society says is suitable or not for our age range. Be free and dance with your soul once more! The **Ageless Rebel** planner breaks everything down into baby techniques.. A purchase just for ME. I've simply received my planner and I'm excited to dive in. It is beautiful and feels perfect in my own hands (That's vital that you be in a planner - I'll be keeping it ALOT. Hope she publishes more. That is a planner that just anyone who has taken a very deep plunge into their very own souls could have written. Angie gives us a plethora of inspiration and types of how exactly to grow into our greatest lives and recognize it just gets better from HERE. Very motivational and fun.. Thanks for leading the charge in this Ageless Rebellion, Angie < Love this. Love it..3 Five Stars A very nicely come up with book that We cannot wait to use!). I love the look and feel of cover. Age is a number. A wonderful present for yourself, your sister, and all your girlfriends This is a fun and inspiring combination of activity book, diary and planner for grown ups (women of a certain age, whom Angie Weihs has coined as 'ageless rebels').com, I look for this planner is the perfect companion for just about any woman who also struggles with loving herself despite her age, whatever the number could be. I struggled with self-esteem and self-image issues when I was youthful and am happy to endorse a workbook that helps us love every aspect of ourselves. Sometimes the road to self-like can seem daunting. It is beautiful and feels perfect in my own hands (That's vital that you . I just got my Ageless Rebel planner. A lovely gift for your very best friend, child, sister, mom . We are in charge here, and we get to define just how great it gets. The Planner is usually well set out and nicely designed and looks like becoming my best friend for another little while! Angie Weihs AGELESS REBEL is fun, creative Angie Weihs AGELESS REBEL is fun, creative, and insightful! Allow yourself out to play with this interactive journal format. Dream and be inspired to pull into your daily life what your soul and spirit are longing for. I'm generally delving further to open up more of my boundless personal. This review confirms for me personally that I'm on the right course. Thank you! An excellent companion for ageless women As a fifty-plus woman and the founder of VivaFifty. It's an engaging concept and the idea is that you have a proactive approach to your daily life over a two month period and enjoy a bit of self-like and self-empowerment including workout, mantras, goals, affirmations and additional healthy practices (like limiting screen time and going to sleep previously).. "kick your limitations goodbye, fill up the holes in your cardiovascular and create whatever is missing in your fact . Strongly suggested.. (p21). Angie has big programs for a whole movement (see Facebook page and other social press) to get involved with seeing that an Ageless Rebel. That is the best way to start..



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