



own your glow

A SOULFUL GUIDE TO
LUMINOUS LIVING
AND CROWNING THE QUEEN WITHIN

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Own Your Glow: A Soulful Guide to Luminous Living and Crowning the Queen Within



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Own Your Glow can be an inspirational, actionable, and wildly enriching companion for transformation. Combining spiritual, psychological, and self-reflective equipment, Thomas provides an antidote to the hustle-hard, make-it-happen mainstream lifestyle and fosters slowing, intentionality, and self-care as a pathway to empowerment.s challenges, assisting you curate your way to greatness, while embracing your uniquely feminine attributes. Packed with rituals, meditations, and snackable way of living tips, Thomas provides a very clear framework for harnessing your enthusiasm, developing spiritual fitness, and embracing accurate vulnerability. This instruction is for anyone who would like to witness her very own life transform and contribute to the positive switch of the world around her. Superstar wellness and life-style guru, Latham Thomas provides soulful principles offering an illuminated route for examining life' Own Your Glow can be an awakening roar for ladies to mobilize, end up being the masters of their lives, and keep their crowned heads up high, letting their relentless light from within shine bright for the globe. Thomas invites you to stage right into a soulful, fulfilling lifestyle of freedom, transcending self-destructive habits and creating a blueprint for a more gratifying, centered, and bountiful approach to life. How much stronger and powerful would most of us be if we embraced our inherent talents, strengths, and feminine edge, rather than dwelling in patterns of self-criticism, doubt, and catty competition?



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. I simply got off a flight and read half the book, I could not put it down. The cover of the book is very pretty! paid attention to Latham Thomas interviewed by Marie Forleo and cherished her wisdom so I ordered the book I listened to Latham Thomas interviewed by Marie Forleo and cherished her wisdom so I ordered the book.. Latham's guidance is true and practical, deeply spiritual, and profoundly different from 99% of assistance out there. Someone not used to rituals, cleansings, wellness, etc. The book reminded me of a lot of things I know and already practice as part of my healthy lifestyle. As women we run ourselves into the ground taking care of others. Adapt Your Crown and Own Your Glow I cannot say enough advantages of this book. I am going to order a bunch of these books as holiday gifts because I want the many women I enjoy read it and learn how to place on our very own oxygen mask first. A magical elixir for women! Wow. Being fairly new to intentional personal advancement (books, yoga, exercise) myself, I will say it requires an open brain. A couple of years ago, I would have thought this was too much "hippie" for me. Anticipate to do some internal work - this is simply not a read and become done type of reserve. It's an all encompassing self transformation reserve that is specific enough so you're not left thinking "okay, but what should I actually DO?" but open ended a sufficient amount of where if one example or suggestion doesn't fit you, that's no issue (and probably expected). Latham inspires us while encouraging us to think for ourselves with this own desires and needs in mind. "Personal Your Glow and it will light your path on the way...you only have the energy to transform your own future." Please go through this, you won't regret it! And get a highlighter ; Her rituals produced me have a knowledge that I need to accept the procedure and allow myself to grow in my darkness. It truly is a guide that's assisting me in a transformation I had been in the process of making. It is meeting me at a time that I am reclaiming my identity as a female and mother over time of feeling like I wasn't enough. GPS Great read. and right into a manual for personal actualization and consciousness. It has in fact given me more clearness and motivation for my very own book. A breath of fresh air that helped me escape my mind in a positive way! - Timil Jones love the cover and love some of the tips Yet Pros: like the cover and like a few of the tips Yet: The book has a lot of things that We honestly didn't expect, I will have done more study on the writer instead of just following a hype. It's ideal for getting who don't possess traditional believes. I for just one don't have confidence in smudging or possess lunar rituals. We should prioritize ourselves! For a devoted reader and someone progress in their healthy way of life there wasn't anything really new to excite me but it would be a great reference for people beginning to make healthier brain body and soul options. Excellent resource! The actions are fun, creative and promote general wellness so they're worth the time. Many thanks Latham for an insightful and useful book. I recommend Own Your Glow simply because a necessary manual to increase your individual growth toolkit. I bought both the really difficult cover and the eBook! Five Stars I love the information. Latham showcases her prosperity of knowledge, expertise and wisdom in areas such as for example plant-based medicine and nourishment, women's wellness, and yoga, merely to name some of the areas that she implores to us discover, dive deep and delight in. It reminds me of Ntozake Shange's Sassafrass, Cypress and Indigo, with a clarion call to return to the divine feminine. She, very much like Ntozake, contains recipes, DIY beauty treatments and a musical playlist, for example in addition to rituals, meditations, and "glow tips" to incorporate into your daily wellness and self-treatment practice in manageable methods. Thank you Latham, for a posting your soul with a well written, well researched guideline that I will continue steadily to recommend and tell others. Inspiring. Its a whole lot worse among my women of color close friends. I enjoyed the first two chapters so very much that after purchasing a Kindle copy of the reserve, I ended up purchasing a hardcopy because I recognized this is a book I'll reference many times over. This was a fantastic read for the end of 2017/starting of 2018 and it confirmed so many existence lessons I have picked up the last twenty years of my entire life, actually quite a few things I have shared with friends and youthful cousins. Latham did a fantastic job of providing guidance on how to "personal your glow" without arriving off as

preachy as some self-help books appear to perform, it was more like gentle guidance from your awesome sister/cousin/friend. I know a number of younger women which will greatly reap the benefits of this book, truthfully is a wonderful book for all females from early 20s on up. I gaurentee this book will change you Latham and her function are all a person must get aligned with their true power. Thank you Latham for birthing this work. I really believe that the universe sends everything we need when we need them. Applicable. I follow Latham on social press and noticed that she acquired a book developing. We all need to read this again and again!) RECLAIMING my period, my identification, and my inner Goddess I'm so deeply in love with Personal Your Glow. Thank you Latham for taking enough time to birth this reserve of light. I required it. Self care isn't selfish Latham's book isn't just well written and inspiring, her publication is now my companion. I create in it - I talk about it - I practice something from it every single day. This reserve offers helped me to decelerate and consider what it is I must say i want and who I want to become. It is extremely counter culture for ladies to remember to nurture themselves, this reserve helps that process. I am so grateful for Latham's reserve - and also thankful she shared her light with most of us, as a result I understand many women who have since read the book stepping out into their own light! I must say i appreciate the Actions BASED guide, which needs this publication beyond a standard personal development publication,..finally a different route on motivation Motivating and relatable read I love this book. It's motivating, relatable and easy to connect with. I really do them on my self care days :) Enjoy! If that could be you, too, I highly encourage you to see through it because there is so much goodness in this publication! A must read! It can help reinforce and cleanse the soul all simultaneously. . You definitely need to set aside period to do the activities though. I'm 40 and far of it served as a soft reminder that I sometimes need to change my crown, straighten my spine, and walk in my own God provided glow. I gaurentee this book changes you if you're willing to let it. It really is intended either to slowly and deeply ingest as you sip your beverage of choice in solitude or to enthusiastically devour as you gather in community with an excellent band of girlfriends or better yet, just do both.. I do believe that its a good book and the author put a whole lot of heart and soul into this book. I have already been depressed and ha ing trouble getting away from it. She is a revolutionary drive to become reckoned with and I look forward to learning and reading more from her later on. "Personal Your Glow and it will light your path along the way" This book was incredible! Immediately applicable. Hands-down , one of the most essential books I've go through to date (THATS A TON LADIES AND GENTS) Thank you Sister for offering us such a gift! Its cool!. The reserve, however, is wonderful for a spiritual newbie. I trust her 100% that slowing down, doing less, playing even more, and being more are the keys to the life we wish. Since I'm not new to this subject matter the book didn't curiosity me as very much.its new for me and kinda inspiring Many thanks so much ?? Wow. Thats why I recommend it. Great Great book... therefore bittersweet to finally reach the end of this amazing read. Hands-down It was thus bittersweet to finally reach the finish of this amazing read. Fact packed and inspiring. When I say this book has helped me free my mind!



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