

DANETTE MAY

The Rise

An Unforgettable Journey of Self-Love,
Forgiveness, and Transformation



"Danette will inspire you to rise up, heal old wounds,
and live with radical authenticity and freedom!"

— Gabrielle Bernstein #1 New York Times bestselling author of *The Universe Has Your Back*

Danette May

The Rise: An Unforgettable Journey of Self-Love, Forgiveness, and Transformation



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Popular health and fitness expert Danette May delves deep into your soul's calling to unlock the tools to help you manifest your heart's deepest desire. Following the tragic loss of her son and a marriage that finished in divorce and near-bankruptcy, world-renowned health and transformation professional Danette May found her life in shambles. Enough time has come that you can rise. And she certainly didn't know it would result in establishing her own worldwide business, touching the lives of millions of people around the world. May never predicted that her trip would take her into a globe bikini competition, to a sacred healer in Costa Rica, or through an activity of heart-wrenching forgiveness. However it was her soul's contacting that led her there. With natural honesty and shocking vulnerability, May shares her own radical truth and insights of self-love and forgiveness to help you manifest the fullest expression of yourself. She distills the essence of sparking your own transformation and manuals you through the small daily "hinges" that will open life's doorways for you. The time has come so that you can connect to your greatest self. However when her support appeared to come from few and her choices seemed the most considerably between, she began to hear a tone of voice inside her informing her it had been time.



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Danette shares her incredible story plus has tools to greatly help us grow. Danette a strong and determined woman does the unthinkable (for me personally that's) she overcomes obstacles. On the way, she gifts us with a whole lot of wisdom and encourages us all to reach for our potent and create our very own Rise! I cried, I felt, I determined. Danette's story is at times one of heartbreaking, gut wrenching, personal trauma. A must read for anyone (not only women) who really wants to make a switch in their life. I seldom write feedback or am engaged in sociable mass media. I also enjoy her great energy with her programs of exercise and life-style change in eating. She will this with a full kindest heart. Her publication is filled with references never to only her programs but others as well. Yes. She is certainly an amazing right down to earth spiritual woman. A MUST read! I've implemented Danette May for about 1.5 years on social media, so when I heard she wrote a book, I was curious. The publication arrived and my plan was to put it in the bottom of my large stack of books to become read. However curiosity got the better of me so I decided to read the introduction. From the first web page, I didn't browse this reserve, I DEVoured it... within 24 hours. I couldn't (and was unwilling) to place it down. "It was only normal that I purchase Danette's book *The Rise* – both out of curiosity and out of a desire to support strong women. This reserve is an easy read but I promise like myself you'll be reading it once again to pick up all the many nuggets she has blessed us with. With vulnerability and raw emotion, she speaks of the tragedies in her past that have shaped her human relationships, views, business, and lifestyle. The book is basically about the critical occasions that influenced her lifestyle, but also, and most significantly, about her journey to overcome, and to eventually go above, all that acquired once remaining her "damaged". This isn't a book with a roadmap to "become like Danette". On the contrary, it's about finding our very own soul's purpose and transforming in to the best edition of ourselves. Danette takes self-like, intuition, and energy vibration to a fresh level by performing the hard inner work necessary to manifest her personal soul's purpose. Through her own life circumstances, Danette displays us the lessons her soul taught her, her painful but joyous trip to radical self-like, and the grit and determination it took to totally show up in lifestyle and speak her personal truth. Shirlee Segev Danette Might has shared an unbelievable story of redemption. This is an excellent book for everyone to read since it is a book full of hope, healing, and continue from tragedies. It's essential read for every girl who has ever thought she was not enough, who offers struggled with self-love, and who's prepared to speak her own truth and rise with Danette. Many thanks, with all my core, thank you Danette for the present of your tale, and for showing us there is a better method.... to love, to honor our soul's purpose...and to eventually rise. Thank you Danette for being so raw so vulnerable therefore others can learn and collect more tools to possess a truer and meaningful existence. I was captivated. Once again, I rarely ever use Facebook therefore for me to have observed Danette was a classic blessing. I have been very conscious in what I eat (I don't eat junk food or fried foods at all), but something about Danette's food mixtures, and also combining these delicious recipes with daily exercises and meditations, simply clicked. I am also a member of Suit Rise. I love her even more after reading this book. I suffer from chronic sinusitis and have even experienced surgery that was not effective and for 24 months, "before Danette," I was taking strong antibiotics monthly because of severe migraines caused by the sinus infections. Once I started my trip with Danette all this ended! I no more suffer from these terrible migraines and Personally i think strong and healthful. My "affair" with Danette began with a few random exercises and developed onto the thirty day Challenge which completely transformed something in me. This book really helps to unlayer the past so that you can move forward! Get this book! I have never been one to be attracted to self-help books, meditations and so forth, but there is definitely something about Danette, and also the timing in my life, that just works for me. I increase my three children to be that! I come from a very pro-females family and I love to see and hear strong independent women. I've two young ladies and one child (sandwiched in-between) and I raise them to know, believe and believe that they can do anything they need regardless of their gender, color, religion, size (they're all small), or "well-known beliefs. When Danette says her book is "not really your typical self-help publication", she's correct.

Danette's book arrived on November 2nd and by the morning hours of another I had already finished reading it. I couldn't stop! The book moved and touched me in therefore many methods.! I fell deeply in love with Danette May this past year when unintentionally, I "discovered her" on Facebook. Awesome Great book Who's Danette May I like it. Danette is definitely a hopeful person that sheds positive energy in a real, vibrant and right down to earth way.. It's a must read for anybody (not just women) who really wants to make a modification in their life and become a more positive and grounded person.Hats off to Danette for what she has accomplished, for what she's about and for her journey to come.Few books hold such a profound and inspiring message, one which has awoken my very own soul. To become a stronger, loving person. A page turner! This book along with Dannette's Fit Rise program, has changed my entire life for the better! Amazing story of loss and rebirth. Great Book Danette May is certainly a lovely person. I feel much better than ever, energetic and strong, am feeding on healthily and training every day. Anyone going through some rough moments in your life this book can help you. Danette is normally captivating and incredibly intelligent and a true pleasure to listen to. Danette May really opens up and gets truly vulnerable about her life and provides real actionable suggestions/procedures to get you considering your own lifestyle. I am on my way to attaining my dreams! Five Stars one of the best books ever Danette May's The Rise Publication is inspirational! Danette is indeed Real! The way she talks and the way she writes!As my "affair" with Danette continued, I came across Danette's positive influence as a motivationalist and inspirationalist through her webinars. It has actually helped me a whole lot! Thank you for sharing your center with us! She provides a free of charge Facebook Book Club The Rise where she shares more.This book will be offered to all of my family members and anyone and everyone I love and care for..buy the book everyone! Danette is certainly a strong-willed female who takes charge of her lifestyle and truly really wants to share her experiences in order that other women can benefit from her journey and knowledge. The most raw and inspiring book I've ever read!



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