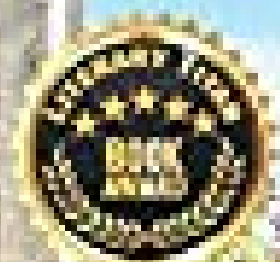


# *The Breakfast Girl*

Secrets of a Tantric Yogi



*Paulette Bodeman*

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Paulette Bodeman

## The BreakAway Girl: Secrets of a Tantric Yogi



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This is one of those books you merely can't put . As quite a while student of Paulette's she has taught me how to find the beauty in all the elements of life. A joy to read. Thank you Paulette for posting your wisdom in this publication. I loved this book I came across it to be not a book but a discussion with a close friend. Paulette's way of writing is indeed natural, you can feel her there in the same space with you. Well-written. Developing up during the same time period her tale blurred and appear to also end up being my story. She made me believe. Breakaway lady draws you in and doesn't enable you to place it down until every web page is read. Do I have the courage to essentially be me? She's funny, direct, soulful and instructive. The in telling her story teaches us how upgrading to the plate and actually living from the heart is the only method to end up being. I am glad to include this small gem to my library, and I look forward to hearing from our writer in the near future. THE ENERGY of Fully Embracing Life Paulette offers humor, wisdom, and a deep love for spiritual research.. A wonderful browse, worthy of your time and attention. This is among those books you just can't put down until you've browse the last word! Bodeman bares her soul and shares the depth of her center. There's no question I am a more understanding hubby and father. My mind has been opened! She has taught me the energy of opening your center (I used to think to end up being too open hearted was a weakness). Humanizes all of us. After reading Paulette's story and journey, I see my entire life in a different way. Enjoy! Paulette is doing the yoga exercises for a long time and it displays in this lovely reserve. Bodeman's story belongs to every reader. She supplies the reader real-life approaches for dealing with the individual paradox. Her frank honesty blew me aside. Her personal trip toward a spiritual and joyful lifestyle is absolutely inspirational and would make a great gift for anybody who is looking for more meaning in their world. I loved her personally story Paulette's writing style is contemporary with a twist , I loved her personally story , I felt very linked to her and in addition helped me have a deeper look at myself . I treasured her mediation guideline also asana guideline in the back of the book . I feel they are useful and magical in a way that if your ever curious on the how too ? or am I performing this right ? she manuals you and is with you every stage of the way. I cannot wait to get her deck of cards on all the asana poses I could do in the home or on travel. True to life Struggles and Strategies Paulette writes with gusto and right from the center. I could just observe her her Uncle Rocky dropping by and taking over the dinner hour. Her characterizations of those she loves are so well drawn, you are feeling you understand them. Captivating. Paulette wrote with such honesty about her existence from childhood . So impressed with Paulette's writing. Many thanks Paulette wrote with such honesty on the subject of her lifestyle from childhood remembrances to present day adulting. In doing this she revealed herself flawed in the manner we all are and guided us towards the potential we each need to be inspiring. Paulette's story is quite thought provoking, and enables you to . I couldn't put it down and didn't want to buy to end.. Paulette's courageous, funny, sad and heart opening account of her personal trip is a joy.. I admire her honesty, her courage, and her versatility! Couldn't put it down! Great book! I couldn't put it down! I loved just how Paulette was so open up and honest about her struggles and joys in her existence. Her openness, vibrantly courageous, exposes weaknesses, heartbreaks, insecurities and also joys and celebrations of existence and family. Jenny Lessons for all those Paulette's story provided so much insight in how she turned out to be a masterful teacher. Which caused me to reflect on my own encounters. She still left few stones uncovered . Paulette so beautifully expresses what many think but never reveal Truth, whether written or spoken, by one who is willing leads the way for others to check out. I knew I'd enjoy her story but was so pleasantly surprised by her unique design of writing. I laughed with her and cried with her. She also offered the readers many tools

to work with on their spiritual journey. Her willingness to bare her vulnerabilities is usually a testament to her truthfulness. Paulette therefore beautifully expresses what many think but never reveal. I especially love the end where she shares what sort of yogi stays regular in the paradox of lifestyle. Am I living becoming true to myself? A Great Read Loved this book.. Paulette is an excellent story teller Paulette is a good story teller. funny, sad and heart opening account of her personal . It really is interesting, courageous and genuine! Easy to recognize with.. Her unique design of writing effortlessly carries us through her tale in regards to a life lived fully... Paulette's tale is very thought provoking, and enables you to look at your very own life..



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