

The book cover features a full-length portrait of a woman with long, wavy brown hair, smiling broadly. She is wearing a white, off-the-shoulder top with ruffled sleeves. The background is a soft, out-of-focus outdoor setting. The title 'OPEN WIDE' is prominently displayed in the center, with 'OPEN' in white and 'WIDE' in black. The author's name 'MELISSA AMBROSINI' is in pink, and a line of text at the bottom identifies her as the bestselling author of 'Mastering Your Mean Girl'. The subtitle in the top right corner is in a mix of black and pink italics.

*A Radically  
Real Guide to  
Deep Love,  
Rocking  
Relationships  
& Soulful Sex*

# OPEN WIDE

**MELISSA AMBROSINI**

*Bestselling author of Mastering Your Mean Girl*

Melissa Ambrosini

# Open Wide: A Radically Real Guide to Deep Love, Rocking Relationships, and Soulful Sex



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Anything can be done with Melissa Ambrosini by your side! A soulmate who gets you on the deepest level. by Elle magazine, Melissa is a tone of voice for the present day woman. Rocking relationships together with your family and friends. Filled with electrical insights, deeply personal tales, and genuine ' .Open Wide and also to going through toe-curling orgasms on demand. tools and self-love guru" And the best soulful sex you will ever have. As opposed to the preachy tone that plagues many relationship manuals, she's your supportive companion sharing her wisdom in a way that makes your journey fun and simple. From the bestselling author of Mastering Your Mean Gal, Open Wide may be the definitive guide to fulfilling and intimate 21st-century interactions, delving into everything from cultivating self-confidence, to unleashing your internal goddess, to forming long lasting friendships .aha' occasions, .serves up true Called a "relatable advice that you can put into action immediately for lasting results. A powerful, life-altering read, Open Wide gives you practical equipment you can begin using instantly to rewrite your future, create authentic connections, and experience heart-bursting love.



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She actually is amazing, and I'm therefore grateful to have found her through your present. I'm buying 10 copies to send out to my bff's! Individually, I have not only achieved remission drug-free from an auto-immune disease (the first in 15 years) I'm learning my meditation teacher training, my menstrual period has returned after 20 months post getting the Implanon taken out, and I am having the most divine sex with my husband. I also never realized how much my "inner mean girl" was taking over my thoughts! YOUR. REAR. UNDER. She is whip-smart, authentic, and soul-baring, and that is just what shines through when you crack open (wide. Be your very best self! I really like how openly honest Melissa is in BOTH of her books! This reserve and Melissa are helping me Jamie my entire life to become my best self.! Just obtain it! In the institution of life, this should be required-reading. I jumped at the opportunity to watch her Open up Wide video masterclass on her site (because of my raving, my hubby asked me to send him the link so he can view it!), and the most obvious next thing was to obtain my hands on the Open Wide book. It's damn soulful, practical, beautiful and can LIGHT. A. FIRE. to accomplish the inner work Melissa personifies love, wish, healing, and light. YOUR. Open wide helps you let go of things you may be carrying through existence. to accomplish the inner work, engage with her "inspo-activities," and dial up your "worthy-o-meter. Melissa is the real deal. others) but in multiple areas of lifestyle. She's been a beacon for me personally and has motivated me to fully commit to my own journey of healing. Super helpful, deceptively simple, joy to read This book is exceeding my expectations!that is for you! It enables your to forgive yourself and others for not being perfect. BUT, I'm actually super appreciating how basic and comprehensive for the reason that the simplicity makes it so much easier and much more likely that I'll actually read it and do the things she suggests. I've started implementing a few of these basic strategies in my life and am blown away at how useful it is. THANK YOU Melissa! I am dependent on most of her books ?? Just simply because advertised!! A!! ?????? oh and I wanted to many thanks because I heard your show with Kirsty Wirth last summer months and have been working one on one with her since August and it's been seriously game changing!Soulful, practical, beautiful and will LIGHT. If you want to vibrate higher and like deeper in all regions of existence, don't wait around to learn this :) Amazing and relatable Melissa is super relatable!. woohoo! ???? Open Wide will Open up Your Heart! I'm a huge enthusiast of Melissa's and have read her book "Mastering Your Mean Gal" multiple times. I will forever be a Melissa Ambrosini fan, follower and lover. It didn't disappoint! It takes many of the concepts around self-like that she talked about in "Mastering Your Mean Girl" and expands on them. Adding in information to also assist in improving your romantic relationship with the globe around you. Unlike a lot of self-help books, "Open up Wide" is by no means preachy. It reads exactly like you're getting advice from your very sensible BFF. I highly recommend it. And if you haven't browse "Mastering Your Mean Young lady" you need to pick that up as well. Open Wide I cherished Mastering your Mean Woman. I live in Boston and I've created quite a good Australian accent from imitating her because I really like her that much. This book has helped me in countless ways with regards to self-development and how I approach the romantic relationships in my existence. I've carved out "me time" every day and I truthfully see such a difference in my feeling and overall outlook. UNDER. The book that will change it all for a female < <3 The most epic and divine book I have ever read! Probably the most epic and divine book I've ever laid my hands on! Her sense of humour is normally amazing and makes me laugh.!! It's a 100% must read for men and women. For whatever you soul sisters looking to be inspired - read this! Do yourself a favor and grab a duplicate of her publication. I've been pursuing Melissa for awhile and hearing her podcast - I couldn't wait for this book to turn out.3 I can not say enough concerning this females and her books. I experienced myself growing

through the entire whole publication and shedding what was no longer needed. If you want some self love, kick ass information - browse this.. Between her podcast and her books I've so much respect for Melissa. Many thanks for being so vulnerable and actual. You inspire me daily lady ;) Life changer Melissa is a blessing in my own existence. After reading her first book Mastering Your Mean Gal I had to obtain Open Wide. This book is an eye opener, can help you love yourself even more and your partner. She provides this way of writing where it feels like she is speaking exactly to you and only you. So when she announced that she has a new book coming out, I immediately went to Amazon to preorder it. Enjoy!. She actually is truly and motivation and I extremely recommend both her books and her amazing podcast(free on spotify, wink wink) Putting her books into practice possess changed my outlook on myself and in lifestyle! Enjoy!!. Want to you complete potential! Be happy! This book is crucial have for any woman wanting to better herself, become her authentic self, and reach her full potential in her life and in relationships!!" This book is about making amazing positive shifts not only in your associations (with yourself & It really is such a hard time for women to love themselves and feel they're producing decisions or living their lives by their very own rules and desires. :) ) either of her incredible books.see what I did there? This book is life changing! Honestly, amazing... Love If you wish to embark on a soulful trip and discover a deeper connection inside your relationship, I recommend this book. Among the best books on self advancement I've ever read First of all, I'm enthusiastic about Melissa. Therefore when I found out about Open up Wide, I was super thrilled. If you are searching for personal advancement that touches on from the body to relationships... I love her podcast and adhere to her on Insta, therefore i got myself a copy, and am acquiring it surprisingly helpful! Thank you, thank you, Melissa for shining your light into my life and the countless other lives you contact.This book is so relatable and offers quite simple steps in each chapter. Honest, genuine, REAL! REAR. I've completed a TON of inner function (I'm a transformational life coach and podcast sponsor), so I discovered myself approaching this publication with a bit of skepticism, because it is deceptively basic at times. It helps someone to concentrate in on what it is you wish from somebody and for yourself mainly. I have with all this book as a gift to so many women and hope to pass on Melissa's love and wisdom to those near me.. I really like her writing style, and I how relate to everything! This reserve is beautiful and life changing!! Just simply because advertised! I first found Melissa in 2013, and I am so grateful to her for sharing her journey and truth with the intent of helping women find recovery and vibrancy. Mel's boks and podcasts has added so much value to my life! I can really feel the "wellness prevention" conversation becoming a lot more natural in the fitness and medical sectors, which is a tribute towards the popularity and expertise right here. FIRE. I am also able to create my imagine bringing holistic health info and strategies to Nurses and Health Professionals.



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