

"Jenn Edden offers a fresh and wise approach to living with radiant energy and unshakable confidence."

—Marti Shreoff, NY Times Bestselling Author of  
*Happy for No Reason* and *Love for No Reason*

# WOMAN UNLEASHED

The Highly Sensitive  
Woman's Guide to  
Radiant Energy and  
Unstoppable Confidence

Including a 21-Day Plan to Kick Sugar's Hold on You

JENN EDDEN, CHHC

Jenn Edden

Woman Unleashed: The Highly Sensitive Woman's Guide to Radiant Energy, Unstoppable Confidence, and a 21-Day Plan to Kick Sugar's Hold on You



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As a highly sensitive girl, you're quick to absorb everything around you, and it's an easy task to believe what's being said to you, whether it' ~ Keith Leon Bestselling Author, Speaker, and Publisher " Woman Unleashed will teach you simple yet profound procedures to free up your time while getting forth the insight, clarity, freedom, courage, and self-like you should have. ~ Tisha Marie Pelletier Tisha Marie Enterprises " I've no doubt she'll help women all over the world with their overall health and mental, physical, and emotional well-being." Both nurturing and immediate, she's got a rare combination of qualities that produce a person wish to listen and find out. Marci Shimoff, NY Times Bestselling Author of Content for No Reason and Like for No Cause ~ Marci Shimoff NY Times Bestselling Author of Content for No Cause and Appreciate for No Reason "s high-energy and to-the-stage perspective.s like Jenn has tapped into my mind and knows exactly what I'm thinking and exactly what I need! She writes with courage, confidence, and an infectious enthusiasm that inspires actions from the inside out. Simply put, Jenn understands what it means to become a highly sensitive woman living in a not-so-sensitive world.s Your Dosha, Baby?~ Brianne Grogan, DPT, WHNC Writer of Lady Bits " ~ Karin Murphy Entrepreneure, Caro What she teaches simply works."s negative or positive.I love Jenn Edden"" ~ Lissa Coffey, Bestselling Writer of What"" Discover the Vedic Way for Compatibility in Life and Love "Jenn's style of composing is fun, to the point, and always centered on a very important factor: helping women feel they are their most confident selves.Jenn speaks right from her heart." In this publication you will gain: - Appreciation and confidence in understanding who you are - Clarity to control your time so you no longer feel overwhelmed - Understanding to kick glucose cravings and banish them if they return - New equipment for radiant energy to support your busy, supercharged life - Motivation to follow that awesome existence you secretly crave" I have no doubt Woman Unleashed may be the answer women have already been looking for with regards to finding their finest selves! – Jenn generously shares her understanding in Girl Unleashed for all those to benefit." ~ Debra Duby Owner, Authorized Personal Trainer, and Health Trainer, Soul Salad "Girl Unleashed is a breath of fresh air.It'Jenn Edden offers a brand new and wise method of living with radiant energy and unshakable self-confidence."Jenn Edden is a go-to professional for sugar addiction.



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Woman Unleashed is filled with information ideal for ALL people Woman Unleashed is filled with information useful for Everyone, not only sensitive women like myself! Jenn Edden did the work, the study, and has watched her clients experience achievement utilizing her approach. All too often, books on the topic of self improvement are narrow in concentrate and are verbose. This is simply not yet another self help publication! I enjoy her and the book! Its comforting, empowering, and motivating! Donna C. Great info in a straight forward manner.! A must read! Written in an exceedingly clear concise method and Jenn is so down to earth that it feels like she actually is sitting next for you as you are reading! This book gives me insight into who I am, makes me get out of my mind and get motivated. Jenn's reserve is a delight! Woman Unleashed offers some great tips that I have brought ahead in my own daily . Her straight talk is so refreshing. You understand she's been there and her commitment to each persons achievement shines through! Doreen NJ Jenn may be the master bullshit-deleter! Jenn Edden goes back to where it started in her approach to letting go of bulls\*\*\*. to be able to unapologetically become yourself. It's liberating, effective, & most importantly, actually is practical. Her methods are straightforward, basic and attainable. Although it targets highly delicate women, I believe all ladies can relate and benefit from the information in this reserve. Just what a great present I acquired for my wife . Jenn writes as if she is speaking with you as a pal. She reveals personal tales that assist you to understand how she came to what she lives each day. It's worked for her, and you can believe that she truly believes it can work for you too. Any woman that has ever been informed "You're too delicate" should read this reserve. Bravo, Jenn! Jenn's "Woman Unleashed" helps to keep it real although it feels as though she's talking right to you Jenn's "Woman Unleashed" may be the type of reserve chock full with inspiring and practical guidance that I've on my bedside for weekly reading. It feels as though Jenn's talking right to you and like you're having a discussion with that trusted friend who it is possible to trust to always keep it real. Thank you Jenn! Extremely grateful to have your energy in my life. This reserve speaks right to highly sensitive women - those of us who are typically type A personalities, trying to find a balance between all that we juggle and looking after our own requires, but any girl can benefit from the information Jenn shares.!! Jenn has helped me personally ditch the glucose and enable me personally to feel confident and in control of my cravings. Jenn presents just the pertinent details and she communicates in a succinct and nurturing tone. Easy to read, filled with valuable insights Fast and simple with tons of tips and mantras that inspire women to keep their negative traits behind. I highly recommend this book. Los Angeles Shipping was super fast. Good browse! There are many moments throughout Jenn writes about thoughts that we have all had but might "experience" to stupid expressing. Great book. Great find. I am not alone. I can relate with this. I'm a delicate person. Jenn is a Expert! As I go through it, I began to understand myself better. Jenn is so real, and her interest comes through in her writing. A truly invaluable and delightful browse! This book can be read again and again! I received this reserve as something special after beginning to work with Jenn so that I possibly could lose weight. Many thanks Jenn! This is the perfect book. You aren't alone in feeling how you do. I'm well informed, in control, and achieving for my better personal. Perhaps, like me, you will see that after reading this book, it's easier than you think to create changes once you let go of the past. She gets us! She shares her knowledge authentically and is passionate about helping females overcome sugars cravings and move forward with life. Jenn provides excellent suggestions for taking a deeper appearance within, and her publication has offered a springboard to help me focus on positive changes in my life. It really is brief but every web page has value...She loved the book My daughter Grab it as soon as my wife finished reading it . That is a fabulous book Shipping was super fast.! Girl Unleashed

gives some great tips that I've brought forward into my day to day routine. It is a quick, easy read with useful anecdotes. I recommend to all women! Make sure you read this.!! I cannot recommend it more than enough! My Girls loved your book ! this was fun to learn First off, this was fun to read! A very empowering book!



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