



Stripped: A Collection of Inspired Writings for the Evolving Woman

Cara Atwill Leyba

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Stripped: A Collection of Inspired Writings for the Evolving Woman Cara Alwill Leyba

STRIPPED is a collection of poetry and inspired writings that celebrate the power of vulnerability and the magic that occurs when we decide to live authentically, commit to our own personal evolution, and bare it all. Known for her work uplifting and empowering women around the world, best selling self-help author and master life coach Cara Alwill Leyba is thrilled to share her words of inspiration in this brand new format that she's coined "Poetic Personal Development." She hopes STRIPPED will encourage women to peel back the layers, remove their masks, and live inside their truth. Because life gets a hell of a lot better when we drop heaviness and take off the things we don't want to carry anymore. To learn more about Cara and her work, please visit www.TheChampagneDiet.com and find her on Instagram for daily musings and inspiration at @TheChampagneDiet

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