



# Mastering Your Mean Girl: The No-BS Guide to Silencing Your Inner Critic and Becoming Wildly Wealthy, Fabulously Healthy, and Bursting with Love

By *Melissa Ambrosini*

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**Ready to live your dream life?**

You know that sneaky voice inside your head telling you that you're not good enough, smart enough, pretty enough, whatever enough? That's your Mean Girl. And she's doing her best to keep you stuck in Fear Town, too scared to go after the life you always imagined.

But enough's enough! Melissa Ambrosini has made a life beyond her wildest dreams, all by mastering her Mean Girl, busting through limiting beliefs and karate-chopping through the fears that held her hostage for years. And now she wants to help you remember not only what you are capable of, but how amazing you truly are!

In this inspiring, upbeat guide, Melissa provides a practical plan for creating your own version of a kick-ass life — one that's wildly wealthy, fabulously healthy and bursting with love. Designed to propel you out of stuck-ness and into action, this is a must read if you're ready to let go of your Mean Girl and start living the life of your dreams.

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### Editorial Review

Review

**“Melissa has come along at exactly the right time. The world needs to hear her message and be inspired by her fearless authenticity.** If you want to live your dream life but don’t know where to start... whether it’s finding your life purpose...”

— *Joshua Rosenthal, Founder of The Institute of Integrative Nutrition*

**“Melissa is one of those honest, down to earth, larger than life, totally gorgeous human beings that absolutely walks her talk.** I love the rawness of her own story and I love what she now shares with others in an authentic compassionate way.”

— *Lisa Messenger, RenegadeCollective.com*

"Melissa is a happiness warrior who radiates goodness from the inside out. She is a breath of fresh air and inspires all she meets with her **innate knowledge of all things positivity, wellness, and living your best life.**"

— *Teresa Palmer, Actress*

"Melissa is a total inspiration. Her book *Mastering Your Mean Girl* is a life changer."

— *Madeleine Shaw, bestselling author*

**“Melissa is a shining light and the 'Real Deal' when it comes to her enthusiasm for wellness and helping others find their way. Spending time with her just makes you want to be a better human and her guided meditation has helped me find stillness on the busiest of days.”**

— *Lorna Jane, LornaJane.com*

**“Melissa is the ideal teacher, always seeking the truth, always leading by example, and always striving to help and empower others.** She has the biggest heart and is a beautiful light in this world. I’m very blessed to have her in my life.”

— *Jess Ainscough, JessAinscough.com*

"Mastering Your Mean Girl will set hearts on fire and **light up people’s minds with positivity and inspiration.**"

— *Lisa Messenger, editor of The Collective*

About the Author

**Melissa Ambrosini** is a best-selling author, entrepreneur, motivational speaker, life coach, and self-love teacher. She teaches women how to create a heart-centered business and life that inspires them.

Named a "self-help guru" by *Elle Magazine*, Melissa is most known for her live inspirational events, books, online female entrepreneur community, personal development programs and guided meditations.

### Users Review

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**Holly Silva:**

The experience that you get from Mastering Your Mean Girl: The No-BS Guide to Silencing Your Inner Critic and Becoming Wildly Wealthy, Fabulously Healthy, and Bursting with Love is a more deep you looking the information that hide inside the words the more you get thinking about reading it. It doesn't mean that this book is hard to comprehend but Mastering Your Mean Girl: The No-BS Guide to Silencing Your Inner Critic and Becoming Wildly Wealthy, Fabulously Healthy, and Bursting with Love giving you thrill feeling of reading. The author conveys their point in selected way that can be understood by anyone who read the idea because the author of this e-book is well-known enough. This particular book also makes your own personal vocabulary increase well. Therefore it is easy to understand then can go along with you, both in printed or e-book style are available. We recommend you for having this specific Mastering Your Mean Girl: The No-BS Guide to Silencing Your Inner Critic and Becoming Wildly Wealthy, Fabulously Healthy, and Bursting with Love instantly.

**Ruth Nicholson:**

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**Brandon Huff:**

Playing with family in a very park, coming to see the marine world or hanging out with close friends is thing that usually you may have done when you have spare time, after that why you don't try thing that really opposite from that. One activity that make you not sensation tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of information. Even you love Mastering Your Mean Girl: The No-BS Guide to Silencing Your Inner Critic and Becoming Wildly Wealthy, Fabulously Healthy, and Bursting with Love, you can enjoy both. It is very good combination right, you still want to miss it? What kind of hang-out type is it? Oh seriously its mind hangout folks. What? Still don't buy it, oh come on its identified as reading friends.

**Enola Hudson:**

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