



Stuff Your (Super) Mom Forgot to Tell You...: about orgasms, apologizing, meditation, and more

Amy Brooks

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Being a super woman isn't always easy, but activating your powers is the first step! In order to fully realize your inner-awesome, you have to claim your sexual desires and your personal power. Then you must align your career and relationship choices. Finally, it's essential to establish support systems and self-care routines. There is no time to waste! The moment to become fully present is now. Don't wait until New Year's Eve to set goals. Don't wait for a tragedy in your life to wake up to your potential. It's time to crack open your coolest self today. This is the book that will show you how to get started. It's time to be super!

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