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On the Verge: Wake Up, Show Up, and Shine

Cara Bradley

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On the Verge: Wake Up, Show Up, and Shine

Cara Bradley

On the Verge: Wake Up, Show Up, and Shine Cara Bradley
Tap Your Personal Power and Thrive

Have you ever hoped to recapture the powerful sense of aliveness you've felt at the best moments of your life? Cara Bradley can show you how. With enlightening stories and fresh practices, her book will teach you how to experience what she calls "high-definition, high-voltage living" on purpose, every day. She will expertly guide you through the process toward an indescribable sense of fulfillment and empowerment that you may not have thought possible but that was always there, on the "verge" of happening, ready to emerge. This user-friendly book also offers:

• the encouragement to not be a spectator of life but to instead cultivate ways to live beyond your busy mind and be present in each
moment
• the coaching you need to stay consistent with transformative daily
practices
• the guidance to trust that, like spiritual sages and Olympic athletes,
you have brilliance and strength available to you at any time

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