

Ask any woman if she feels overwhelmed, and you'll likely get an eye roll and a "duh." Adding to her sense of overload may be books hectoring her to *Lean In*, *Lean Out*, *Dare to Lead*, and *Work It*. Even advice aimed to soothe—urging meditation, yoga, and unplugged weekends—can increase a sense of inadequacy when one can't find the time or money for these worthy suggestions. And if one does, asserts Christine Arylo, she is often treating the symptoms, rather than the root cause, which is why she can't seem to end the burnout cycle of overwork and overgiving. First and foremost, Arylo assures women that if all their leaning, logging off, and downward-dogging aren't doing the trick, "It's not your fault!" She replaces outdated bits of "conventional wisdom" with elevated versions and offers intensely practical and realistic solutions, including her "Five Points of Liberation." Her approach takes women out of the *shoulds* that surround them and into their inner wisdom in ways that allow them to authentically live, love, and lead while making self-supportive choices.

Christine Arylo is a transformational leadership adviser, teacher, speaker, three-time bestselling author, and host of the internationally acclaimed podcast *Feminine Power Time*. As the founder of the *Feminine Wisdom Way*, an online wisdom school for women, and *Expanding Possibility*, a feminine leadership consultancy, she offers teachings, mentoring, retreats, and trainings that have touched thousands of people on six continents.

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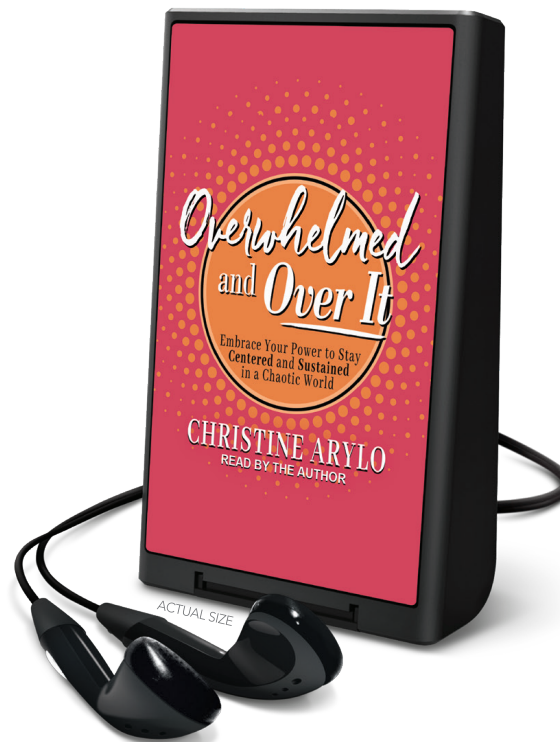
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