

For all the women who were told they could have it all, but now that they're actually shouldering it ALL, are wondering what they truly wish to hold onto ... *Toxic Grit* is here to help you unlock your true desires and balance your ambitions with your passions, and even moments of rest!

We are told by society that we have a role to play ... but as women, we often have MANY roles and when we try to fulfill each, we burn out. It turns out, there are some tangles to being a Girl Boss and a Pinterest Mom having a Lazy-Girl yet socially packed Hot-Girl Summer! So how can we live our life according to ALL of our goals ... without exhausting ourselves? And more importantly, while feeling authentic to who we are and want to be?

Amanda Goetz has the answer and it lies in the balance between all the characters we play, and even leaning into the inherent imbalances at times! According to her proven methodologies, there are ten typical character archetypes and by exploring each and assigning times for each to "drive" our lives, we can find more balance within ourselves. Our inner Socialite, Caregiver, CEO, and Lazy Girl may normally live in conflict but by talking to each aspect of ourselves, affirming what each needs, and building a balance for all... we can finally actually have "it all" on our terms and by discerning what ALL really means.

**Amanda Goetz** is a tech and ecomm founder, CMO, and single mom of three. She is the founder of House of Wise, a wellness company creating space for more sleep, hotter sex, and less stress.

READ BY THE AUTHOR

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AUDIO

**TOXIC GRIT**

AMANDA GOETZ

Adult



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