



How to fully embrace all parts of yourself

embracing
ALL OF YOU

A Six-Part Online Course on
Compassionate Self-Acceptance

with
Gabor Maté, MD &
Richard Schwartz, PhD

SAVE 50%

Includes 3 bonuses from leading wisdom teachers

The banner features a white background with a purple and orange curved border on the right. It includes the course title, a description, portraits of the two speakers, and a 'SAVE 50%' badge in the top right corner.

Have you ever struggled to accept yourself? Felt shame or discomfort about certain aspects of who you are? Or perhaps found yourself rejecting or disliking parts of your own being?

You're not alone. We all have moments where we feel fragmented, where parts of ourselves seem at odds with each other. But imagine finding peace and power in fully embracing every aspect of who you are.

Introducing *Embracing All of You: Compassionate Inquiry Meets Internal Family Systems*, a transformative series by trauma healing experts Dr. Gabor Maté and Dr. Richard Schwartz.

Save 50% Now

Includes 3 bonus gifts from several of the world's leading spiritual teachers

In this history-making collaboration, you'll have the rare opportunity to learn from two renowned teachers in therapeutic healing.

Dr. Gabor Maté is a world-renowned physician and author, celebrated for his expertise in trauma, addiction, stress, and childhood development. His compassionate approach to healing

has transformed countless lives, earning him international acclaim. His bestselling books, including *In the Realm of Hungry Ghosts* and *When the Body Says No*, have provided groundbreaking insights into the mind-body connection and the profound effects of trauma.

Dr. Richard Schwartz, the creator of Internal Family Systems (IFS) therapy, is a pioneering figure in psychotherapy. His innovative IFS model has revolutionized the way we understand and heal our inner conflicts, fostering a profound sense of self-acceptance and inner harmony. With decades of experience and numerous accolades, Dr. Schwartz and his work have empowered individuals to lead more integrated and fulfilling lives.

This program offers you the tools to:

- **Embrace Every Part of You:** Learn to accept and love all aspects of yourself, even those you've struggled with
- **Find Inner Peace:** Discover the path to true inner harmony and balance
- **Heal Holistically:** Understand why it's essential to approach healing by treating the whole being
- **Empower Self-Leadership:** Open the door to self-acceptance and self-leadership
- **Build Emotional Resilience:** Gain tips to avoid feeling "emotionally hijacked" and stay centered in challenging moments

ENROLL TODAY

When you enroll, save 50% off the program and receive these special bonus gifts:

1. ***Healing the Core Wound of Unworthiness – Adyashanti (audio download)***
Adyashanti offers insights, meditations, and questions to help you bring your own suffering into awareness, receive unconditional grace, reunite with all that arises, and bring it lovingly into every dimension of your life.
2. ***Transforming Trauma – Caroline Myss and James Finley, PhD (audio download)***
This landmark audio learning course by Caroline Myss and Dr. James Finley invites you to reflect on the concept of trauma as a gateway to transformation that beckons you to the next phase of human evolution, while laying out a step-by-step process for spiritual healing.
3. ***Trauma Recovery – Arielle Schwartz, PhD (audio download)***
Pioneering psychotherapist Dr. Arielle Schwartz offers an audio guide to healing PTSD. In it, you'll find a wealth of guided practices and exercises drawing upon neuroscience that can help you find lasting resilience, loving connection, and fulfillment.

Together, Dr. Maté and Dr. Schwartz bring an unparalleled depth of knowledge, compassion, and practical tools to help you embrace all parts of yourself and unlock your full potential. We invite you to [join us today](#).

Warmly,

Your friends at Sounds True

P.S. Hear from those who have taken this journey:

“Liberating, revealing. I’m very grateful for the work they’ve been doing.” —Brad

“After our session, I broke down and cried. It was a deeply healing release of so much pain.”
—Stephan

“We only spent a few minutes together, and I got so much out of it. This approach works.”
—Dianna



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