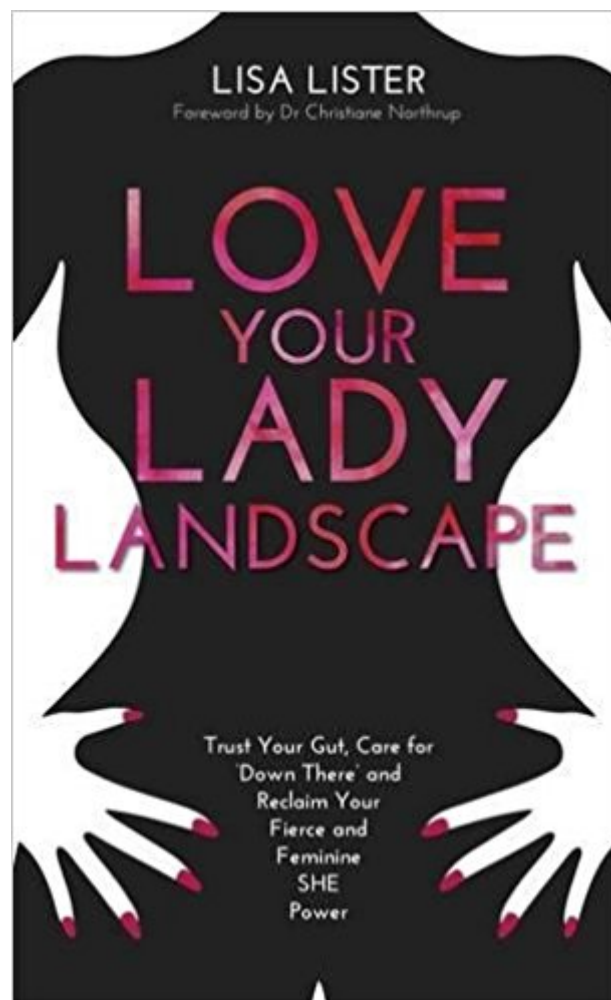




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# Love Your Lady Landscape: Trust Your Gut, Care For 'Down There' And Reclaim Your Fierce And Feminine SHE Power



## Synopsis

Love Your Lady Landscape is a healing journey through the terrain of what it is to be a woman. When a woman isn't in alignment with her feminine essence, she may experience exhaustion and overwhelm, lack sexual desire or passion for life, and generally feel "out of sync". In this book, Lisa Lister uses a myriad of tools and practices such as Earth based spirituality, shamanic teachings, movement and dance, and breath and sound work to teach women how to reconnect to their feminine wisdom in order to start rebalancing all aspects of their lives. Based on Lisa's own 11-year journey of healing and reconnecting with her body, this book will help you: - release guilt and shame from the past - explore self-pleasure and sensuality - understand, read, and connect with your body's signs and signals - learn about your menstrual cycle and its connection with the rhythms of nature and the universe - discover the sacred art of receiving - express your creativity - find your voice to communicate your needs, wants, and desires Love Your Lady Landscape will move women into a fiercely loving and healing relationship with their body and will teach them how to use its cycles and signs to create a life of vitality, fulfillment, and creation.

## Book Information

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## Customer Reviews

I love Lisa Lister and we need her voice. She gives practical and spiritual tools to be able to walk with inherent worth and dignity as a powerful priestess, no matter how messy or human the moment we find ourselves in. -- Meggan Watterson, author of *Reveal* and *How to Love Yourself (And Sometimes Other People)* Lisa Lister doesn't mess around. She's here to break boundaries and

barriers that have been created by what society defines 'normal' and in turn, remind us what's real.

-- Kyle Gray, bestselling author of *Angel Prayers*

Lisa Lister sheds the veil on the hidden power of the divine feminine with sass, compassion and deep wisdom.

-- Rebecca Campbell

Lisa's writing is full of solid truths, the sort that will have you nodding as you read. She speaks from her heart, her experiences and her soul and is one of the most authentic people I know. Her knowledge gained from living it, feeling it and being it, asks questions and then answers them beautifully, all done in her signature straight talking, no nonsense style. Love, love, love.

-- David Wells, astrologist, psychic and author of *Your Astrological Moon Sign & Past, Present & Future*

The defender of female awesomeness.

-- Cooler Magazine

Lisa Lister is a writer and a menstrual, fertility, and reproductive health practitioner. She is the founder of the SHE Flow system, which invites women to celebrate the fiercely feminine, sensual pleasure of being a woman through movement, massage, mysteries, and magic. Lisa is dedicated to helping women crack their lady code, reconnect with their body wisdom, and love their lady landscape. [www.thesassyshe.com](http://www.thesassyshe.com)

Wow! What a powerful and inspiring book! The way it's written, too, it's almost lyrical and poetical in the style. The rhythm of this book is really spellbinding. Parts of it gave me the chills. I love how you can really feel that Lisa was writing this through her hormone cycle - it's steeped in that level emotion and depth. She truly conveys the experience and benefits of living in and embodying your cycle. There's so much in here, too, information and advice-wise. The kind of book that will truly change lives for the better.

I bought this book on a whim when a friend recommended it, I like self help books though I tend to get bored at times and don't always follow through with the exercises that are meant to change my life:) I started this book last night and I am already almost half way through, I am LOVING it, its the way its written, funny, raw and unapologetic, it's like sitting with a good friend and just chatting about awesome deep stuff. I don't know if the rest of the book will be as good, I'm pretty sure it will, as the tone has been set, I just bought a second copy to give to a girlfriend. I have a feeling I'll be buying a few more to give away from now on!

This book is an extraordinary roadmap. Have you ever struggled with being on the pill? Or had really awful periods that you wished would just go away? Did school sex ed really miss a few keys

topics? This book is the most beautiful, real, funny, useful, sacred answer to all of that. It's gutsy and unvarnished in the best possible way. It's the kind of book you buy and then buy ten more for your friends (I did), and then they rave about it -- change their own lives -- and want to buy it for everyone too, or at least call you up late at night to chat about their revelations ;) it's an extraordinary book. Give yourself the gift of reading it, of getting support and inspiration like this.

I bought this book after seeing it all over social media and one day wandering my bookstore, when I saw it on the shelf and just immediately grabbed it. This book has brought up a lot of emotions for me, and I'm enjoying diving deeper into my own connection to my lady landscape. Lisa writes beautifully, and has such important and often not talked about topics in the book, it's absolutely perfect. I highly recommend this as a book every woman should read, and maybe even mandatory reading for younger girls. It's awesome that a book that is so needed, has been written and with witty, smart, and emotionally connected words to back it up.

it was a tad tiring hearing her claims on repeat that modern medicine is an attack on women and was really pushy about her views on birth control but I still greatly enjoyed it and it made me think, so that's always a good thing when you're a Virgo.

I've had this book a month and already read it twice. I love Lisa Lister and her womb truths. This book is a call home to women who want to connect with their bodies, be unashamed of their emotions, and to hear the words of the divine feminine whispering from deep underground.

This book is about connecting back to your SHE power....a power that's been ignored, abused and just plain trampled on. It's about healing and claiming that power back. Lisa teaches you how to heal your womb, connect and live by your cycle (and the moon and seasons) and just become a bad-ass woman. And she makes it fun (who doesn't love permission to have cocoa??)

Powerful stuff. Ladies, you'll never need another self-help book, ever.

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Love Your Lady Landscape: Trust Your Gut, Care for 'Down There' and Reclaim Your Fierce and Feminine SHE Power  
Gut: Gut Balance Solution: 10 Steps on How You Can Restore Optimal Gut Health, Boost Metabolism and Heal Your Gut Effectively (4-Week Gut Balance Diet Plan, leaky gut, clean gut, Gut Balance Recipes)  
Trust: Mastering the Four Essential Trusts: Trust in Self, Trust in

God, Trust in Others, Trust in Life Resistant Starch: The Resistant Starch Bible: Resistant Starch - Gut Health, Fiber, Gut Balance (Gut Balance, Glycemic, Natural Antibiotics, Dietary Fiber, SIBO, Soluble Fiber, Healthy Gut Book 1) Is It Leaky Gut or Leaky Gut Syndrome: Clean Gut, Allergies, Fatty Liver, Autoimmune Diseases, Fibromyalgia, Multiple Sclerosis, Autism, ... & More (Digestive Wellness) (Volume 2) IS IT LEAKY GUT OR LEAKY GUT SYNDROME: Clean Gut, Allergies, Fatty Liver, Autoimmune Diseases, Fibromyalgia, Multiple Sclerosis, Autism, Psoriasis, Diabetes, ... & More (Digestive Wellness Book 2) CAT CARE: BEGINNERS GUIDE TO KITTEN CARE AND TRAINING TIPS (Cat care, cat care books, cat care manual, cat care products, cat care kit, cat care supplies) She Believed She Could So She Did Adult Coloring Book with Inspirational Quotes: A Coloring Book for Grown-Ups Providing Relaxation and Encouragement ... and assist with Anti-Stress and Mindfulness) She Believed She Could So She Did She Believed She Could So She Did - A Daily Gratitude Journal | Planner She Believed She Could So She Did - A Journal: (Sunflower) She Believed She Could, So She Did: A Beautiful Blue Butterfly Design Notebook/Journal For You She Believed She Could, So She Did: Inspirational Purple Cover Design Notebook/Journal for You She Believed She Could So She Did: 8 x 10 Bullet Journal - Blank Notebook with Quote Cover, 1/4 inch Dot Grid with 160 Pages, Sturdy Matte Softcover, ... Paper, Perfect Bound, Travel Size Diary Book Unicorn Journal She Believed She Could So She Did: Quote Inspirational, Magical 8 1/2 x 10 1/2 • Bullet Journal - Blank Notebook, 1/4 inch Dot Grid with 160 ... Diary for Kids, Teens, Men & Women She Believed She Could So She Did Journal (Diary, Notebook): XL 8.5 x 11 (Journals For Women To Write In) She Believed She Could So She Did: Bullet Grid Journal, 150 Dot Grid Pages, 8"x10", Professionally Designed Does She Know She's There? What's Up Down There?: Questions You'd Only Ask Your Gynecologist If She Was Your Best Friend The Gut Makeover: 4 Weeks to Nourish Your Gut, Revolutionise Your Health and Lose Weight

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