

Personalized Mirrorthon Prescription PLAYbook!



Experience profound wonders of **unconditional love** while
nourishing your deepest inner need to feel seen, loved,
valued, wanted, safe, supported, accepted, with full
permission to BE YOU!

Nourish inner relationships with all parts of Self!

Experience BLISS, peace, JOY, love, and FREEDom from
within! Expand into your Truest Self!



With just a mirror and some enJOYable music to spark great
vibes, connect deeper with your authentic Self while rewiring
your brain for LOVING LIBERATION!

Create a regular Mirrorthon™ practice to nourish your
deepest inner needs while liberating your True Self!

Begin and end each day with emotional and somatic
sensations of your own unconditional love!!

EmPOWER who you are authentically becoming ~~~
as the Truest, Free-est Loving-est YOU-iest You!!!

Life•changing, Heart•opening,
Brain•healing, Soul•expanding,
Mind•blowing MIRROR*kles
Await Your Sacred Soul!!!



Infinite moments of
Happily Ever After

beckon you forward into
greater layers of Loving Liberation.

Will you dare to answer their call?



Personalized Mirrorthon Prescription PLAYbook

~ (\$333) ~

This PLAYbook Includes: 280+ PLAYbook pages altogether: in 5 distinct PLAYbooks!!

- 150 page Personalized Mirrorthon Prescription PLAYbook!
 - Inspirational printable pages
 - 5 steps of practicing social Self-engagement
 - Differentiating casual and intimate social Self-engagement practices
 - Clues to notice 5 stages of mirror journeys (how you know the practice is effectively creating lasting change from the inside-out!)
 - Mantras for each stage of your journey
 - 10 Attributes of Personal POWER
 - 10 categories of “clues” to unveil hidden activity in your bodymind
 - Dozens of PLAYsheets
 - Guidance in personalizing your practice for greater impact
 - 10 Pro Tips to Maximize Mirrorthon MagiiicK
 - 14 Musical Mirrorthon PLAY Prompts
 - 10 Monologue Mirrorthon PLAY Prompts

- Additional free resources and supplementary content
- 44 page PLAYbook Prolusion
- 34 page PLAYbook addendum with bonus mirror practice ideas
- Bonus Mirrorthon Videos
- Unveiling Mirrorthon PLAYbook (40+ pages)
- Describing Mirror Coordinates PLAYbook (12+ pages)



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Email Kristin to receive any of her offerings at
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