

# Self Help

## My Wild, Your Wild Your One Life to Live Authentically

*Is this all there is to my life?*

*Where did "I" go?*

*Have I forgotten who I am?*

*Did I ever really know?*

This book is intended to empower and inspire you to answer these questions and to be sure you are living your one unique life as authentically as possible. The freedom to create our own story is already yours. It needs to be claimed. This requires taking risks. Others may not like it and will work to persuade you to just do what makes them feel better. Our families, partners, friends, religions and communities prescribe what women are supposed to do. Only it may not be true for us. It may have never been us.

Whether you need to start the journey to authenticity or return to what you knew about yourself years ago, it is up to you, to us, to be sure our life is being lived as authentically as possible. It's a dichotomy that those who will benefit from our authentic living are the same ones who try to keep us untrue to ourselves because it is more comfortable for them. We lose, our families lose, our world loses when we live only partially or when we are not faithful to ourselves. If you sit quietly, be rigorously honest, you will hear it. You will hear your inward voice leading you to be who you were always intended to be in the first place.



### Book information

- ISBN: 979-8735307709
- Publisher: Cheryl Bouvier
- Publication date: 5/14/21
- Formats: paperback, ebook
- Pages: 88 pages
- Categories: Self Help, Mid life Management, Popular Psychology
- Contact: CherylJBouvier@gmail.com

### About Cheryl Bouvier

Cheryl lives in the mountains of Montana on 11.5 acres surrounded by public land. She has been an adult, child and family therapist for over 30 years and has written a book with a colleague about children whose parents are in an intense fight about custody. She volunteers as a board member for CASA who advocates for children in the foster care system. She is crazy about Michigan State Spartans FOOTBALL, has a 60 pound poodle and a six pound black cat, loves to dance and growing things inside and out, enjoys the quiet and the dark, and practices gratitude as often as possible.



<https://cheryljbouvier.com/>

# About Cheryl J. Bouvier

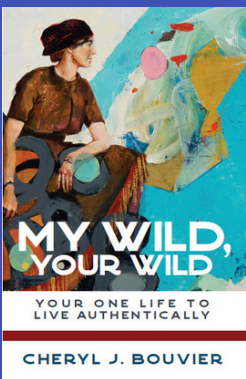


Cheryl Bouvier's story is her drive to be sure she was living her unique life. She worked to filter out influences from family, partners, religion, and culture. Through her writing she hopes other women will be inspired to assure themselves they are following their hearts and living their life on purpose. She picked the word "wild" to describe her authentic living after she moved to her mountain home. She found seven parts critical to living her authentic life and they became chapter titles in her book. They are guts, nature, soul, feminine/creative, sensual, love and fearsome. Each chapter includes ideas related to her favorite words and songs from her play list. If you are not on your wild path, she hopes you will find it and live it.

Cheryl Bouvier lives in the mountains of Montana on 11.5 acres surrounded by public land. She has been an adult, child and family therapist for over 30 years and has written a book with a colleague about children whose parents are in an intense fight about custody. She volunteers as a board member for CASA who advocates for children in the foster care system. She is crazy about Michigan State Spartans FOOTBALL, has a 60 pound poodle and a six pound black cat, loves to dance and growing things inside and out, enjoys the quiet and the dark, and practices gratitude as often as possible.

## Suggested Topics for podcasters

- We're all bozos on the same bus.
- How to make it ok in the yuckiness of life.
- What does gratitude, meditation and broccoli have in common?
- Why comfort is overrated.
- What's on your bucket list and why?
- How kids can teach us to be freer and happier.
- What are you really entitled to?
- How to listen and trust your gut feelings



**My Wild, Your Wild empowers you to live your one unique life as authentically as possible. The freedom to create your own story is already yours. You just have to claim it.**

**We lose, our families lose, our world loses when we live only partially or when we are not faithful to ourselves. If you sit quietly, be rigorously honest, you will hear it. You will hear your inward voice leading you to be who you were always intended to be in the first place.**



<https://cheryljbouvier.com/>