

Sara Avant Stover, Uncovering the Transformative Power of Heartbreak for Women Entrepreneurs - Episode 346

In this Episode:

- Sara Avant Stover shares her personal journey of heartbreak and betrayal following the release of her second book, leading to the writing of "The Handbook for the Heartbroken."
- Discover the unique struggles women entrepreneurs face during times of grief, navigating challenges without a support system or financial stability.
- Learn the therapeutic power of basic self-care practices like rest, movement, and nature connection in overcoming adversity.
- Explore how hardship prompts healing of past heartbreaks and ancestral wounds, shedding layers of false personality to fulfill your true destiny.
- Embrace discomfort and allow natural transformation, even amidst unpleasant moments, for long-term growth.

Notable Quotes:

"Anyone who's been through a period of grief cannot show up and work in the ways that you normally do."

"If we feed our life force, then our spirit is going to guide us through things that a lot of times our human personality doesn't know how to navigate."

"Every soul comes into this world with a unique destiny."

"You're exactly where you need to be. Trust your process. Trust the timing."

Pearl of Wisdom:

1. Open, soften, and allow our experience to be exactly as it is.

Resources:

Sara Avant Stover is a business strategist to spiritual, entrepreneurial women, author, and a Certified Internal Family Systems (IFS) Practitioner. After graduating Phi Beta Kappa and Summa cum Laude from Columbia University's all-women's Barnard College, she had a cancer scare, moved to Thailand, and embarked on a decade-long healing and spiritual odyssey throughout Asia. Since then, she's gone on to uplift tens of thousands of women worldwide. Sara has been featured in Yoga Journal, the Huffington Post, Newsweek, Natural Health, and on ABC, NBC, and CBS.

Website: www.SaraAvantStover.com

Instagram: www.instagram.com/saraavantstover

Facebook: www.facebook.com/saraavantstoverauthor

LinkedIn: <https://www.linkedin.com/in/saraavantstover/>

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