



Hear Me Roar: How to Defend Your Mind, Body & Heart Against People Who Suck

Jennifer Cassetta, Lindsey Smith

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Hear Me Roar is a way to take back your power once and for all. Through personal stories, self confidence exercises, personal safety techniques and social media activities, Jennifer and Lindsey will teach you how to: Combat the energy vampires that suck the life out of you. Kick the creeps in your life to the curb. Protect yourself on social media, dates and on the street. Gain more energy by spotting food predators and break up with dieting for good. Cook healthy recipes to fuel your body for a lifetime of health and happiness. Unleash your inner “she-beast” and become the fierce, fit and feminine woman you always were! And while people who suck will still come into your life, this book will equip you with the power, confidence and energy to boot those sucky people out for good...so the whole world can HEAR YOU ROAR!

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